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# **THE MODERN HOUSEWIFE SERIES**

## **COOKERY**

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## COOKERY

By KATHLEEN E. FLETCHER

*Domestic Science Instructor under the Staffordshire  
Education Authority*

and

MARIE KINGDON

*Specialist Teacher of Cookery under the Staffordshire  
Education Authority*

## LAUNDRY WORK

By KATHLEEN E. FLETCHER

## HOUSEWIFERY

By KATHLEEN E. FLETCHER

## MOTHERCRAFT

By KATHLEEN E. FLETCHER

Size 5½ in. by 7½ in., cloth, illustrated

# PITMAN

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DOMESTIC SCIENCE INSTRUCTOR UNDER THE  
STAFFORDSHIRE EDUCATION AUTHORITY

AND

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LONDON

SIR ISAAC PITMAN & SONS, LTD.  
PITMAN HOUSE, PARKER ST., KINGSWAY, W.C.2  
BATH MELBOURNE



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# MODERN HOUSEWIFE SERIES: I

## HOMELY WEIGHTS AND MEASURES

### LIGHT INGREDIENTS

Flour, cornflour, custard powder, ground rice.



1 tablespoon as much above as below = 1 oz.



1 dessertspoon " " " " =  $\frac{1}{2}$  oz.



1 teaspoon " " " " =  $\frac{1}{4}$  oz.

### HEAVY INGREDIENTS

Sugar, rice, sago, currants, sultanas.



1 tablespoon level = 1 oz.



1 dessertspoon " =  $\frac{1}{2}$  oz.

### EXCEPTIONS

2 heaped tablespoons of breadcrumbs = 1 oz.

1  $\frac{1}{2}$  " " " coco-nut = 1 oz.

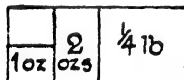
### LIQUIDS



1 tumbler full = 2 gills or  $\frac{1}{2}$  pt.

1 teacup nearly full = 1 gill.

### FATS



← The top of a  $\frac{1}{2}$  lb. packet of fat.

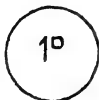
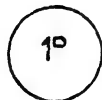
← Mark fat with a knife before cutting.



1 heaped dessertspoon = 1 oz.



1 " teaspoon =  $\frac{1}{2}$  oz.



weigh  
1 oz.



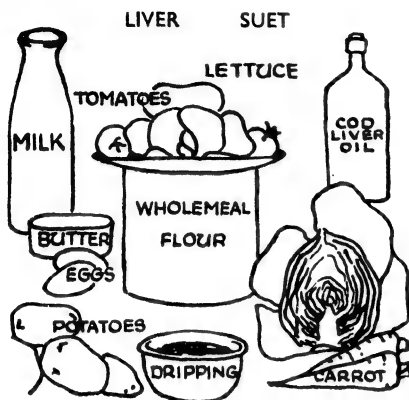
weigh  
 $\frac{1}{2}$  oz.

## APPROXIMATE QUANTITIES

<i>Food</i>	<i>Number of Persons</i>
SOUP	1 gill of soup to each person—about 2 gills over.
MEAT	
Pie or pudding.	4-5 persons.
1 $\frac{1}{4}$ lb. Meat.	
8 oz. Flour for pastry.	
1 Chicken.	4-5 persons.
1 Rabbit.	5-6 persons.
PUDDINGS	
Milk. 1 pt.	3-4 persons.
Suet. $\frac{1}{2}$ lb. Flour.	4-5 persons.
Tart.	
$\frac{1}{2}$ pt. Dish.	
$\frac{3}{4}$ lb. Fruit, 4 oz. Flour.	4-5 persons.
SCONES	
$\frac{1}{2}$ lb. Flour.	2 rounds cut in four.

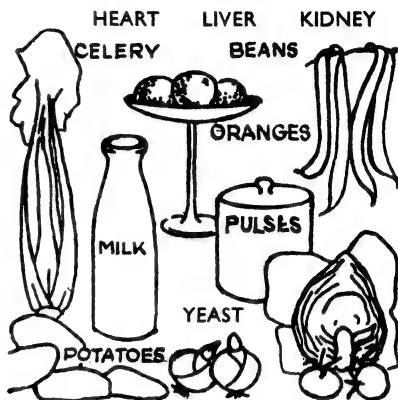
### VITAMIN A

Is anti-infective



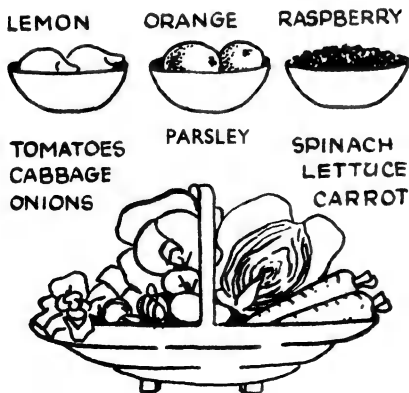
### VITAMIN B

helps the nerves in the control of the body



### VITAMIN C

prevents scurvy and will keep your complexion fresh and clear

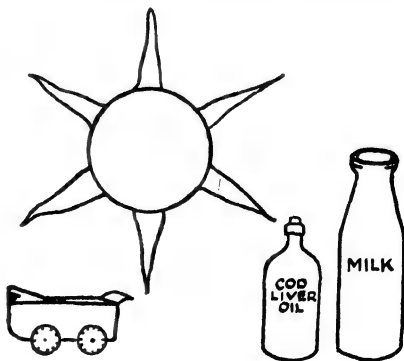


### VITAMIN D

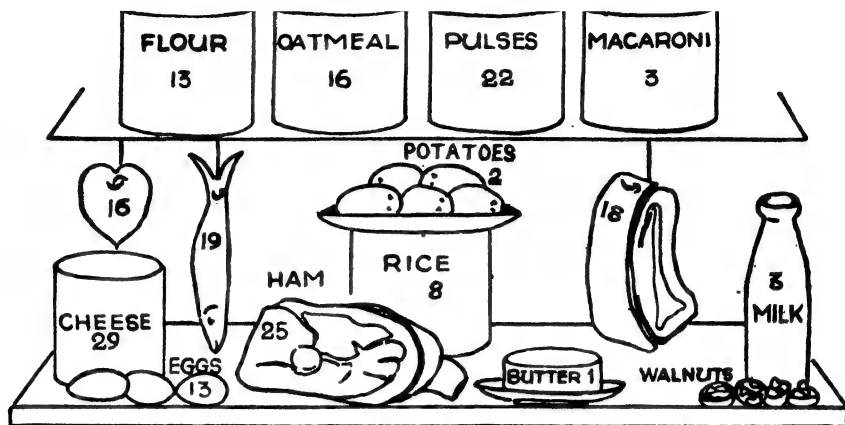
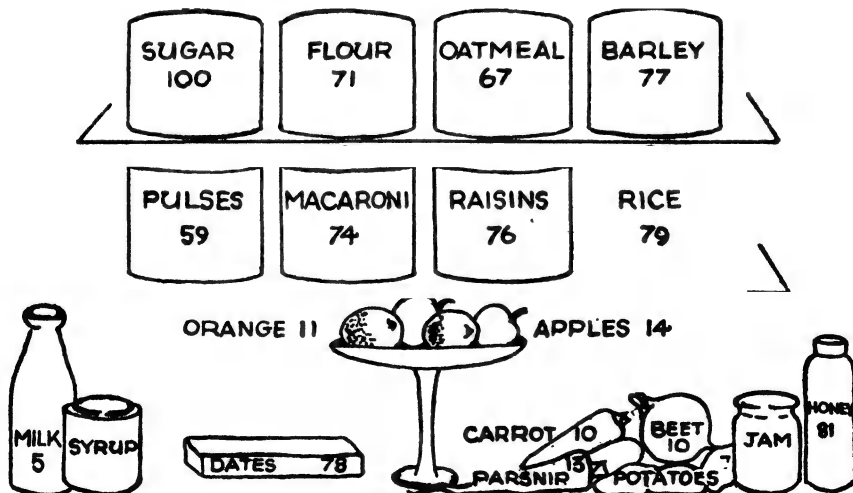
made by our bodies in sunlight

- (a) prevents disease
- (b) enables teeth and bone to form correctly

Give tiny tots cod liver oil in winter

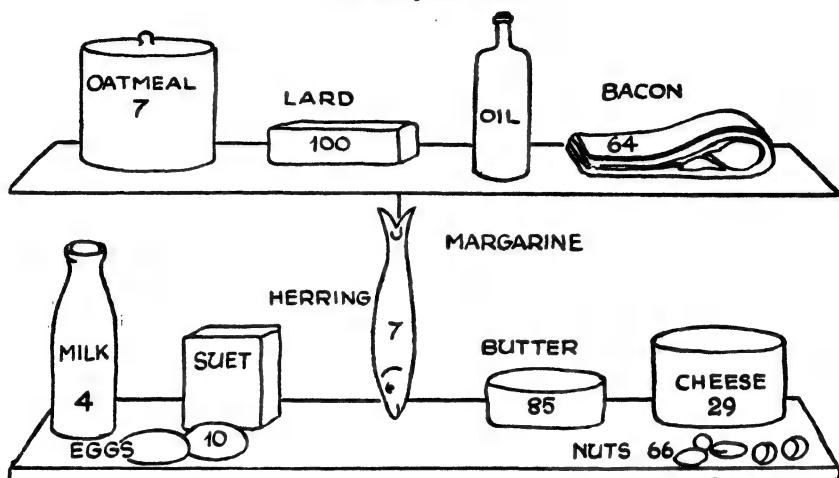


## MODERN HOUSEWIFE SERIES: I

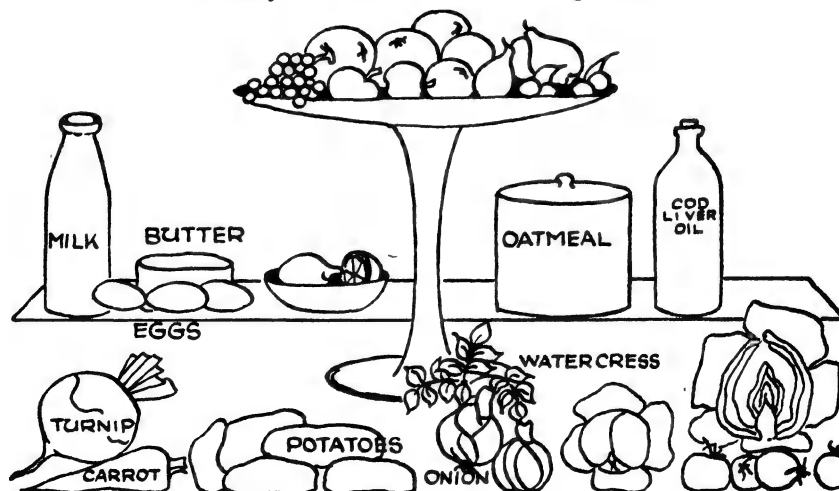
 PROTEIN  
 BODY-BUILDING FOODS

 STARCH AND SUGAR  
 give us energy


The numbers above indicate the percentage of the various food-stuffs.

**FAT FOODS**  
To keep us warm



**MINERAL SALTS**  
Purify the blood and make strong bone



The numbers above indicate the percentage of the various food-stuffs.



## USE OF FOOD

1. To build up and repair waste tissues of the body.
2. To give heat and energy to the body.
3. To form bone and teeth, and to purify the blood.

### *Essential Constituents of a Diet*

1. Proteins—Build and repair tissues.
2. Carbohydrates: Sugars, starches, cellulose; give heat and energy.
3. Fats. Give heat and energy.
4. Minerals. Salts and water form bone and teeth and purify the blood.
5. Vitamins—A, B, C, D—these are essential to the well-being of the body.

### *Proportion of Food Daily Required*

	<i>Man</i>	<i>Woman</i>	<i>Child</i>
Proteids . . .	3½ oz.	3 oz.	2½ oz.
Carbohydrates . . .	14½ oz.	11½ oz.	10 oz.
Fats . . .	3½ oz.	3 oz.	2½ oz.
Water . . .	2 qt.	3¼ pt.	3½ pt.

Our foods should be mixed so that each constituent is taken into the body in the right proportion.

Amount of food varies according to sex.

### *A Well-balanced Meal for a Day*

BREAKFAST. Bacon and egg or tomatoes, bread, butter, marmalade.

DINNER. Joint of beef. Greens and potatoes. Milk pudding or stewed fruit and custard.

TEA. Bread and butter, watercress or lettuce (in season), jam and cake.

SUPPER. Bread, butter, cheese, and pickles. Fruit.

### *Complete Food*

Oatmeal—it contains the essential parts of food. Milk, butter, and eggs are of the greatest food value, especially to young children.

## STOCK

Stock is the liquid obtained by prolonged boiling of bones, meat, and vegetables.

### *Uses*

1. To give flavour and nourishment to many dishes.
2. To be a foundation of soups, sauces, and gravies.
3. To make reheated dishes more nourishing.

### *Food Value of Stock*

1. Juices from the meat.
  2. Gelatine from the bone.
  3. Mineral salts and water from the vegetables.
- These promote the flow of digestive juices.

*Rules for Making Household Stock*

1. Meat—proportion: 1 lb. meat and bone; 1 qt. water; 1 teaspoon salt.
2. Meat must be perfectly fresh and cut up in small pieces to expose the surface to the solvent action of water.
3. Cooked or uncooked meat and bone may be put in the stockpot, also trimmings from rabbits and poultry.  
Skin is not removed from the meat because it contains gelatine.
3. Remove fat, cover meat completely with salted cold water, when boiling skim well and add—

*Vegetables*

1. These must be fresh.
2. Green and cooked vegetables are not used.
3. Omit carrots and turnips in hot weather, use vegetables whole. This prevents pulping, which makes stock cloudy.
4. Avoid using spices and dried herbs.  
Cook slowly 5-6 hours.  
Strain into a bowl, leave uncovered to prevent souring.  
Allow fat to settle on top, then remove.

*Utensils Used for Stock*

1. A casserole.
2. A lined iron saucepan, to prevent stock coming in contact with the iron.

## WHITE STOCK

2 lb. knuckle of veal.  
2 qt. cold water.  
 $\frac{1}{2}$  teaspoon salt.

Method as for household stock.

## BROWN STOCK

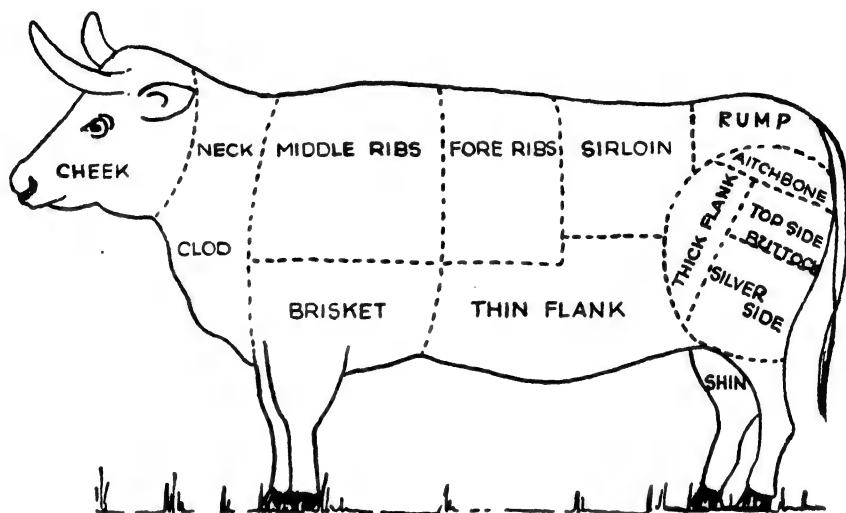
2 lb. shin of beef.  
2 qt. of water.  
 $\frac{1}{2}$  teaspoon salt.  
Carrot, turnip, and onion.

Method as above.

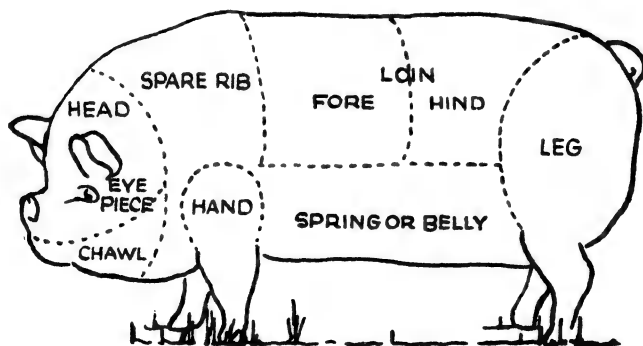
## FISH STOCK

2 lb. fish bones and trimmings.  
3 qt. water.  
Cook slowly 2-3 hours.

AN OX



A PIG



## SOUPS

*Value in Diet*

1. Nourishing and stimulating.
2. Assist in promoting flow of digestive juices.

*Rules to Remember*

1. Long, gentle cooking.
2. Use everything perfectly fresh and free from fat.
3. Expose as much surface of meat to water as possible.
4. Use a lined pan.

*Proportions*

$\frac{1}{2}$ lb. meat.	1 lb. vegetables.
1 pt. liquid.	1 pt. water.

## POTATO SOUP

1 lb. potatoes.	1 pt. skim milk.
1 large onion.	1 tablespoon sago
1 oz. dripping.	or tapioca.
1 pt. cold water or stock, pepper, and salt.	

*Method*

1. Prepare vegetables, cut into slices.
2. Melt the dripping, when a blue flame rises add vegetables, shake over fire for a few minutes.
3. Add stock and seasoning—bring to boiling point. Simmer 2 hours.
4. Rub through a colander or break down with a wooden spoon.
5. Wash sago or tapioca, add to soup, boil until clear—add milk just before serving.

## TOMATO SOUP

1 lb. fresh tomatoes or 1 lb. tinned.	
1 onion.	$\frac{1}{4}$ pt. milk.
1 oz. dripping.	1 pt. water or stock.
1 oz. flour.	1 oz. lean ham.
Seasoning.	

*Method*

As for potato soup, add the ham with the vegetables.

*To Thicken*

1. Mix flour to a smooth paste with a little milk.
2. Add to soup, stir until it boils, add remaining milk and serve.

## PEA, BEAN, OR LENTIL SOUP

4 oz. lentils.  
 1 pt. stock or water.  
 1 piece carrot, turnip, or onion.  
 1 oz. dripping.  
 2 large potatoes.  
 $\frac{1}{2}$  pt. milk.  
 Seasoning.

*Preparation*

Wash lentils, steep overnight, strain, use the liquid instead of water or stock, method as for potato soup.

## BROWN SOUP

1 lb. shin of beef.  
 1 small carrot and turnip.  
 1 onion.  
 1 oz. dripping.  
 Seasoning.  
 1 qt. cold water or stock.  
 1 oz. flour, 1 teaspoon chopped parsley.

*Preparation*

1. Wash meat, cut into pieces.
2. Prepare vegetables, cut into small dice.

*Method*

1. Melt dripping, when blue flame arises brown the meat and onions a golden brown.
2. Add the water and seasoning, when boiling add vegetables and parsley—simmer 2 hours. Skim if necessary.
3. To thicken, mix the flour with a little stock, boil, serve.

## BROTH

Broth is a thin soup, it is high in food value, as it contains all the soluble constituents of its ingredients.

## SCOTCH BROTH

1 lb. scrag end neck of mutton.  
 1 onion.  
 A small carrot.  
 A small turnip.  
 $1\frac{1}{2}$  oz. pearl barley or rice.  
 1 teaspoon chopped parsley.  
 Seasoning.  
 1 qt. cold water.

*Preparation*

1. Wipe the meat, cut into neat joints.
2. Prepare vegetables, cut into dice.
3. Scald the barley or wash the rice.

*Method*

1. Place the meat, rice, or barley and salt in a pan with the cold water—boil, skim, simmer 1 hour.
  2. Add the vegetables and cook slowly another hour
  3. Just before serving add the chopped parsley.
- Serve joints with a little broth and vegetables around. Seasonable vegetables may be added, beans, peas, or grated carrots.

## SAUCES

*Uses*

1. To flavour insipid foods.
2. To improve appearance of a dish.
3. To assist in promoting flow of digestive juices.
4. To moisten dry foods.
5. To balance the acidity of foods.

*Pouring Sauce*

To 1 pt. liquid.  
1 oz. flour.  
1 oz. butter.

*Coating Sauce*

To 1 pt. liquid.  
2 oz. flour.  
2 oz. butter.

*Panada*

$\frac{1}{4}$  pt. liquid.  
1 oz. flour.  
1 oz. butter.

## WHITE POURING SAUCE

1 pt. milk.  
1 oz. flour.  
1 oz. butter.

1. Melt the butter.
2. Add the flour, stir with a wooden spoon until it is absorbed by fat.
3. Remove from light, add the liquid gradually, remove all lumps between each addition.
4. Stir all the time, bring to boiling point, boil 3 minutes.

*Variations of White Sauce*

Flavourings added to the cooked white sauce just before serving.

*Parsley Sauce*

1 dessertspoon washed and finely chopped parsley.

*Egg Sauce*

1 hard boiled egg chopped finely.

*Caper Sauce*

1 tablespoon chopped capers.

1 teaspoon caper vinegar.

*Anchovy Sauce*

Use water of fish stock for foundation.

1 teaspoonful anchovy essence.

2 drops lemon juice.

*Cheese Sauce*

2 oz. finely grated cheese.

$\frac{1}{2}$  oz. butter.

*Onion Sauce*

$\frac{1}{2}$  well boiled onion, drained and finely chopped.

*Brain Sauce*

1 sheep's brain, cooked and chopped.

3 drops lemon juice.

## BREAD SAUCE

2 oz. breadcrumbs.

$\frac{1}{2}$  pt. milk.

1 small onion.

$\frac{1}{2}$  oz. butter. Seasoning.

1. Boil milk, add the onion and simmer until milk is well flavoured.
2. Take out the onion, add the breadcrumbs, butter, and seasoning.
3. Reheat and serve.

## APPLE SAUCE

1 lb. apples.

Squeeze lemon juice.

$\frac{1}{4}$  pt. water.

$\frac{1}{2}$  oz. butter.

$\frac{1}{2}$  oz. sugar.

Peel, core, and cut up apples, place in pan, add sugar, simmer until in pulp—add lemon juice and butter, beat well until smooth.

## HORSE-RADISH SAUCE

1½ oz. grated horse-radish.  
½ teaspoon salt.  
½ teaspoon made mustard.  
1 teaspoon castor sugar.  
2 teaspoons vinegar.  
½ pt. milk or whipped cream.

*Method*

Mix salt, sugar, mustard, and vinegar together, add milk or cream, and lastly the grated horse-radish.

## MINT SAUCE

1 gill vinegar.  
2 tablespoons chopped mint.  
1 good teaspoon castor sugar.  
Pinch salt.  
3 tablespoons boiling water.

*Method*

Mix the sugar, salt, and mint together, add boiling water and vinegar stir, allow to cool, place in a sauce boat.

## CUSTARD SAUCE

2 eggs.  
½ pt. milk.  
1 teaspoon sugar.  
Flavouring if liked.

*Method*

1. Beat up sugar and eggs.
2. Heat milk, pour over eggs.
3. Return to pan ; when it thickens, flavour and serve—do not allow to boil.

## JAM OR MARMALADE SAUCE

2 oz. sugar.  
2 good tablespoons jam.  
½ pt. water.  
Rind and juice of ½ lemon.

*Method*

Boil together very rapidly for a few minutes, strain and serve.



## TREACLE SAUCE

2 tablespoons syrup.  
 $\frac{1}{4}$  pt. water.  
Juice and rind of  $\frac{1}{2}$  lemon.

*Method*

Boil rapidly for 10 minutes, strain and serve.

## "MAÎTRE D'HÔTEL" BUTTER

2 oz. fresh butter.  
1 teaspoon chopped parsley.  
Squeeze of lemon juice.  
Seasoning.

Cream the butter, add remaining ingredients, mix well, serve a little on the meat.

## TO MAKE THICK GRAVY

1. Pour nearly all the fat from baking tin.
2. Add about  $\frac{1}{2}$  oz. flour to the fat and sediment, mix together in corner of a tin. Add about  $\frac{1}{2}$  pt. stock or potato water, brown, stir until it boils and thickens.

## BATTERS

Plain batter used for—  
Yorkshire puddings.

## PANCAKES

4 oz. flour.  
 $\frac{1}{2}$  pt. milk.  
1 egg.  
Pinch salt.

## RICH BATTER FOR YORKSHIRE PUDDING

1 egg.  
Pinch salt.  
2 tablespoons flour.  
1 tablespoon cold water.  
2 tablespoons milk.

## BOILED OR STEAMED BATTER

5 oz. flour.  
 $\frac{1}{2}$  pt. milk.  
1 egg.  
Pinch salt.

## COATING FISH OR FRITTERS

4 oz. flour.  
 $\frac{1}{2}$  pt. milk.  
1 egg, pinch salt.

*Method for all Batters*

1. Add salt to flour.
2. Make a hole in centre of flour—drop in the egg.
3. Add a little milk, mix until smooth and beat well, using a wooden spoon.
4. Add a little more milk, beat well for 10 to 15 minutes, until the top is covered with air bubbles.

NOTE. The batter must remain thick to beat in the air.

Add remainder of milk, stir, leave to stand in a cool place, use as required.

## YORKSHIRE PUDDING

Batter.  $\frac{1}{2}$  oz. Dripping.

*Method.*

1. Make the dripping smoking hot.
2. Pour in the batter.
3. Bake 20 to 30 minutes in a hot oven.
4. Cut into squares and serve.

## RICH YORKSHIRE PUDDING

Bake in a hot oven 15 minutes.

## SWEET BATTER PUDDING

As for Yorkshire pudding with 2 oz. currants, sultanas, or raisins. Serve with castor sugar.

## PANCAKES

Batter placed in a measure.  
Fat.

*Preparation*

1. Sugared paper.
2. Cut lemon.
3. Knife for turning.

*Method*

1. Use  $\frac{1}{2}$  oz. fat—allow a blue flame to rise.
2. Pour just sufficient mixture to cover the bottom of pan.
3. Allow to brown and set on top.
4. Using a knife, turn and allow the other side to brown.
5. Turn on to sugared paper, squeeze with lemon juice, dredge with sugar—roll, keep hot until frying is finished.
6. Arrange neatly on a dish—garnish with cut lemon.

## STEAMED BATTER PUDDING

*Preparation*

1. Put on steamer or pan of water.
2. Grease basin and paper for covering.

*Method*

1. Place in batter, steam 2-2 $\frac{1}{2}$  hours.
2. Turn into a hot dish, serve with jam or castor sugar.

## FRITTERS

Batter.

FRUIT. Apples—peel, core, cut into rounds  $\frac{1}{2}$  in. thick.

Bananas—skin, cut in half, and split each in half.

TINNED FRUITS. Drain well before use.

FAT. Sufficient fat to cover food that is being cooked.

*Preparation*

1. Pan of smoking fat.
2. Batter and cut fruit dipped in.
3. Crumpled grease-proof paper to drain.
4. Serving dish and castor sugar.

*Method*

1. Drop fruit into smoking fat, leaving sufficient room for their expansion.
2. Fry a golden brown—drain, sugar.
3. Allow fat to reheat before using again. Serve immediately on a hot dish.

## COATED FISH

1. Haddock or whiting.  
Batter.

*Preparation*

1. Pan of smoking fat.
2. Crumpled grease-proof paper to drain.
3. Prepare the fish and dry.

*Method*

1. Coat the fish with batter, drop in the smoking fat.
2. Fry until a golden brown.
3. Drain—serve on a hot dish, garnish with parsley.

## FORCEMEATS

## SAGE AND ONION STUFFING

- 2 large onions.
- 2 oz. breadcrumbs.
- 1 oz. butter.
- $\frac{1}{2}$  teaspoonful dried powdered sage.
- Pepper and salt.

*Preparation*

Prepare onions and boil for 30–40 minutes.

*Method*

1. Chop onions finely.
  2. Mix all ingredients together.
- Use for stuffing ducks, geese, and pork.

## VEAL STUFFING

- 4 tablespoonfuls breadcrumbs.
- 1 tablespoonful chopped suet.
- 1 tablespoonful chopped parsley.
- $\frac{1}{2}$  teaspoonful mixed herbs.
- Pepper and salt.
- Grated rind of  $\frac{1}{2}$  lemon.
- 1 egg.

*Method*

1. Mix all dry ingredients together.
2. Add sufficient egg to bind them together firmly.
3. Use for stuffing fish, meat, and poultry.

## FISH CHOICE

1. The smell should be fresh.
2. The flesh should be firm to touch.
3. Bright eyes and plenty of scales.
4. Bright spots on plaice and the colour good.

## CLASSES OF FISH

1. WHITE FISH. This is most digestible. Hence given to children and invalids. E.g. whiting and plaice.
2. OILY FISH. Contain most food values. E.g. salmon and herrings.
3. SHELL FISH. E.g. lobster, shrimps. These are all boiled before eaten.

## INVALID DISHES

### *Essential Rules to Remember*

1. Always obey doctor's orders.
2. Buy the best one can afford.
3. Prepare food in small quantities, and serve as neatly as possible.
4. Provide a well-balanced diet, and as much variety as allowed.
5. Cook food by the most digestible methods, and avoid greasiness and all strong smelling flavours.
6. Absolute cleanliness in everything.

## BEEF TEA

1 lb. lean meat.  
1 pt. cold water.  
Pinch of salt.

### *Preparation*

1. Wash the meat and remove all skin and fat.
2. Saucepan half full of cold water.

### *Method*

1. Shred meat very fine.
2. Place in a stone jar and cover with water.
3. Stand for  $\frac{1}{2}$  hour.
4. Cover jar with paper and place in saucepan half full of boiling water.
5. Cook slowly for 3 hours, stir occasionally.
6. Strain in through a coarse strainer, pressing well.
7. Remove any fat, and serve neatly in a tumbler.

NOTE. The jar may be placed in the oven and cooked slowly.

## BARLEY WATER

1 oz. pearl barley.  
1 pt. cold water.  
Juice and rind of half a lemon.  
Little sugar.

*Method*

1. Thoroughly scald and wash the barley.
2. Put the barley, lemon rind, and water into a white-lined pan. Simmer 2 hours, adding more water if necessary.
3. Strain and serve with a little sugar and lemon to flavour.

## GRUEL

1 tablespoonful of fine oatmeal.  
1 pt. milk, water, or milk and water.

*Method*

1. Mix the oatmeal to a smooth paste with a little liquid.
2. Boil remainder of liquid.
3. Pour over oatmeal, stirring all the time.
4. Pour back into the pan, stir until boils.
5. Simmer gently for 20 minutes.
6. Season with a little sugar.

## MILK JELLY

$\frac{1}{2}$ pt. milk.	$\frac{1}{2}$ oz. sugar.
$\frac{1}{4}$ oz. gelatine.	Strip lemon rind.

*Method*

1. Put the milk, gelatine, sugar, and lemon rind into a saucepan.
2. Stir over a gentle fire until the gelatine is dissolved.
3. When about to set, turn into a wetted mould.
4. Dip in hot water to turn out.
5. Serve neatly in a glass dish.

## LEMONADE

1 lemon.  
 $\frac{1}{2}$  pt. boiling water.  
1 oz. sugar.

*Preparation*

1.  $\frac{1}{2}$  pt. boiling water.
2. Wash the lemon.

*Method*

1. Cut all the lemon rind from the lemon, then squeeze out the juice.
2. Put the rind, juice, and sugar in a jug.
3. Pour over boiling water, cover, and leave to cool.
4. Strain and serve neatly.

## EGG FLIP

1 egg.  
1 gill milk.

A little sugar.  
1 teaspoonful sherry or brandy if liked.

*Method*

1. Warm the milk.
2. Separate the white from yolk, and beat it until frothy.
3. Mix the yolk of egg into the milk.
4. Add the white to the yolk and milk.
5. Serve in a tumbler.

## INVALID SPONGE PUDDING

2 oz. butter.  
2 oz. castor sugar.  
2 oz. flour.  
 $\frac{1}{4}$  teaspoonful baking powder.  
1 egg.  
A little grated lemon rind.

*Preparation*

1. Steamer.
2. Grated lemon rind.
3. Greased mould and paper to cover.

*Method*

1. Beat the butter and sugar to a cream.
  2. Add the flour and egg alternately.
  3. Add the lemon rind, mix well, and place neatly in a mould, cover.
- Steam  $\frac{1}{2}$  to 1 hour.  
Serve with egg custard.

NOTE: See—

Steamed Fish, page 44.

Steamed Chop, page 42.

Steamed Custard, page 80.

## METHODS OF COOKING FOODS

### BOILING

Boiling is the cooking of food by moist heat, the food being immersed in boiling liquid at 212° F.

It is a simple method of cooking food, needs little attention, and can be applied to various kinds of foods.

The liquid can be utilized as a foundation for making stock, soups, or gravies.

### SUITABLE PIECES OF MEAT

Silverside.

Sheep's head.

Brisket.

Shin.

Flank.

Cow-heel.

#### *Preparation*

1. Wipe the joint and weigh.
2. Tie into shape if necessary.
3. Boil water, add 1 teaspoonful salt to each pint.

#### *Method*

1. Place meat in boiling water, boil quickly for 5 minutes.
2. Lower light, simmer gently until cooked.
3. Serve neatly on a hot dish, garnish with vegetable dice and chopped parsley.

#### *Time for Cooking*

Piece under 3 lb. allow 1½ hours.

Piece over 3 lb. allow 20 minutes to each 1 lb. + 20 minutes over.

### SALTED MEAT

If very salty, steep in cold water overnight.

#### *Preparation*

1. As for fresh meat, but omit salt.
2. Use cold water to cover meat.
3. Bring to boil for 5 minutes, simmer.

#### *Time for Cooking.*

Piece under 3 lb. allow 1½ hours.

Piece over 3 lb., allow 30 minutes to each 1 lb. + 30 minutes over.



## HAM OR TONGUE

*Method* as for salted meat.

*Time for Cooking*

About 3 hours.

If ham is to be eaten cold, leave in water until cold, take off the skin, cover with browned breadcrumbs.

## SHEEP'S HEAD

1 sheep's head.

2 turnips, carrots, and onions, pepper and salt.

2 qt. water.

1 teaspoonful chopped parsley.

Sauce—

1 oz. flour.

1 oz. butter.

$\frac{1}{2}$  pt. milk.

*Preparation*

1. Split the head and remove brains.
2. Thoroughly wash in warm water, allow to stand in cold salted water overnight.

*Method*

1. Place head in a large pan with the cold water and salt.
2. Bring slowly to boiling point and skim well.
3. Simmer for 3 hours.
4. Prepare vegetables, add to the meat an hour before serving.
5. Place head neatly on a hot dish, cover with parsley sauce, and serve vegetables around.

## GALANTINE OF BEEF

$\frac{1}{2}$  lb. lean steak.

$\frac{1}{2}$  lb. ham or bacon.

$\frac{1}{2}$  lb. breadcrumbs.

Pepper and salt.

Grated nutmeg.

1 egg, 1 gill stock.

*Preparation*

1. Pan of boiling water.
2. Floured cloth, 1 safety pin, 2 pieces of string.

*Method*

1. Mince the beef, bacon, and bread twice.
2. Beat egg, mix all ingredients together and season.
3. Form into a roll on a floured board, tie tightly in the cloth.
4. Boil  $1\frac{1}{2}$ –2 hours.
5. Remove from cloth and roll in browned breadcrumbs or allow to cool and glaze.

## BOILED FOWL

1 fowl.

1 Hard boiled egg.

## Sauce—

1 pt. Milk.

2 oz. Flour.

2 oz. Butter.

*Preparation*

1. Pan of boiling water.
2. Pluck, singe, clean, and wipe fowl, inside and out.
3. Cut skin round knee-joints, twist and remove feet and legs, drawing out sinews, cut neck close to body, overwrapping the skin.

*To Truss Fowl*

Place a finger in neck-end and loosen the skin all round the legs. Push the legs upwards till they slip inside the bird, pocketing them. Twist the wings over at the back of bird. Truss through the ends of wings nearest the leg and through the fowl securing other leg and wing, fasten ends of drumstick together.

*To Boil Fowl.*

1. Rub the breast with lemon juice to whiten. Wrap in greased paper.
2. Plunge into boiling water, simmer  $1-1\frac{1}{2}$  hours, or longer, according to size and age.
3. Remove string and paper—place on a hot dish. Pour sauce over and garnish with cut lemon, two halves of white of egg with sieved yolk inside.

## FISH

Boiling is the most wasteful method of cooking fish on account of considerable loss of flavouring and nutritive constituents—the liquid should be utilized for sauces.

*Fresh Fish**Preparation*

1. Wash fish, use salt to clean, and tie up if necessary.
2. Have sufficient boiling water to cover fish, add 1 dessertspoonful salt to 1 qt. of water.
3. Draw pan aside, immerse fish, simmer gently.

*Time for Cooking*

Piece under 3 lb., allow 20 minutes.

Piece over 3 lb., allow 10 minutes to each 1 lb. + 10 minutes over.

4. Remove fish carefully on a fish slice, allow to drain.
5. Place neatly on a dish, cover with parsley sauce, decorate with sliced lemon.

*Salted Fish**Preparation*

Allow to stand in cold water for 3 hours. Cook either in hot milk or water.

*Fresh Salmon*

As for fresh fish.

*Time for Cooking*

Allow 8 minutes to each 1 lb. and 8 minutes over.

## VEGETABLES

1. All vegetables are cooked in boiling water, except old potatoes.
2. Add 1 tablespoonful salt to each 1 qt. of water.
3. Boil vegetables steadily, those with dense fibres cook rapidly.
4. Cook green vegetables without a lid on the pan.
5. Cook root vegetables with a lid on the pan.

## BOILED POTATOES (OLD)

Choose potatoes as nearly the same size as possible, so that they may be equally cooked.

*Preparation*

1. Wash and scrub potatoes.
2. Peel very thinly, wash in clean water.

*Method*

1. Place potatoes in a pan of cold salted water, boil steadily until cooked.
2. Test with a fork when tender.
3. Strain away the water through the lid of the saucepan.
4. Shake over the fire until dry.
5. Serve in a hot dish.

NOTE. All root vegetables are similarly cooked, new potatoes boil rapidly in boiling salted water, add a sprig of mint to the water to flavour.

**BOILED BEETROOT***Choice*

Choose a beetroot that the skin and tiny roots are not broken, and dark in colour and firm to touch.

*Preparation*

1. Wash very carefully.
2. Prepare a large pan of boiling water.

*Method*

1. Boil gently till tender, about 3 hours for a medium-sized one.
2. Remove from the water, when cool peel off the skin.
3. Cut in thick slices, coat with a hot white sauce.
4. If to be used cold, cut in thin slices—pour over plain or spiced vinegar.

**BOILED CABBAGE**

1 cabbage.      Salt.       $\frac{1}{2}$  oz. butter.

*Preparation*

1. Sufficient boiling salted water to cover.
2. Remove coarse outer leaves and thick stalk. Cut cabbage into four.
3. Soak in cold salted water for  $\frac{1}{2}$  hour.
4. Wash again thoroughly.

*Method*

1. Place cabbage in boiling water.
2. Boil without a lid and skim well.
3. Test with a fork when tender, drain in a colander.
4. Cut up finely with a knife.
5. Reheat with butter and season.
6. Serve neatly in a hot vegetable dish.

All green vegetables are cooked in the same method. Cauliflower and sprouts are left whole. A pinch of bicarbonate of soda may be added to the water to keep vegetables a good colour.

## GREEN PEAS

3 lb. peas.  
Boiling water.  
Salt and sugar.

A sprig of mint.  
 $\frac{1}{2}$  oz. butter.

*Preparation*

1. Shell the peas and wash.
2. Sufficient boiling salted water to cover peas.

*Method*

1. Add peas to the water with the mint and a teaspoonful of sugar.
2. Simmer until soft, 20-30 minutes.
3. Drain well. Reheat with melted butter and serve in a hot dish.

## BOILED ASPARAGUS

1 bundle asparagus.  
1 piece of toast.  
2 oz. butter.  
Seasoning.

*Preparation*

1. Trim the hard white ends off to suitable lengths, scrape the white part of stalk slightly.
2. Wash in cold water.
3. Tie in bundles according to thickness.
4. Sufficient boiling salted water to cover.

*Method*

1. Cook gently till tender.
2. Drain well.
3. Reheat with melted butter.
4. Serve on toast.

## SPINACH

2 lb. spinach.  
 $\frac{1}{2}$  oz. butter.

Seasoning.  
A little white sauce.

*Preparation*

1. Remove the stalks and fibre of leaves.
2. Wash the spinach thoroughly.
3. A little boiling salted water, add a pinch of bicarbonate of soda.

*Method*

1. Boil in just sufficient water to cover.
2. Cook until tender, stirring occasionally to prevent burning.
3. Drain well, squeeze dry in the corner of a towel.
4. Chop finely or rub through a sieve.
5. Reheat with melted butter, season, place neatly in a hot dish, cover with sauce.

### STEWING "SLOW COOKING"



Stew-pan

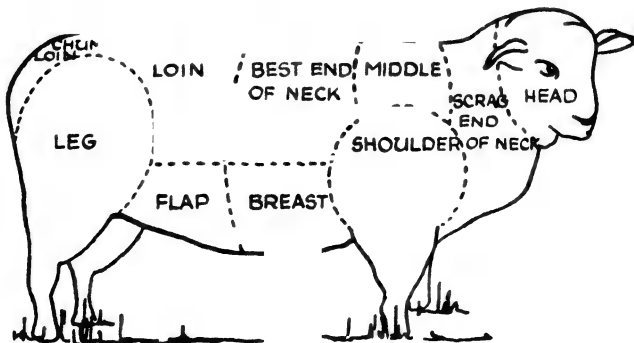


Jam jar

*Remember*

1. A stew-pan must have a tight-fitting lid to prevent the steam escaping.
2. Barely cover meat and vegetables with liquid.

### DIAGRAM OF A SHEEP



## STEWING

Stewing is a slow method of cooking food, very little liquid is used, and the food is cooked in a tightly covered utensil, usually a stew-pan or jar.

This method is one of the most economical, as all the nourishing constituents are served in the finished dish, very little heat is required to stew food, and due to the long, slow cooking the cheaper cuts of meat can be utilized.

## SUITABLE PIECES OF MEAT

Flank.  
Shin.

Neck.  
Tail.

Rabbit.

## INTERNAL MEATS

Kidney.

Liver.

Tripe.

## KINDS OF STEWS

Unthickened white stew.

## IRISH STEW

2 lb. neck of mutton.

2 small onions.

4 lb. potatoes.

1 pt. water.

Seasoning.

*Preparation*

1. Prepare vegetables.
2. Cut meat into neat chops.

*Method*

1. Arrange alternate layers of meat, potatoes, onions, and seasoning in a pan or jar.
2. Cover with water.
3. Bring to boil.
4. Simmer gently for 2 hours.
5. Stir frequently—add more water if necessary. Serve on a hot dish.

## BROWN STEW

1 lb. stewing meat.  
2 large onions or  
2 large carrots.  
1½ oz. dripping.

1 qt. cold water or stock.  
Savoury balls.  
1 oz. flour.  
Seasoning.

*Preparation*

1. Wash the meat dry and cut into small pieces.
2. Peel and slice the onions.

*Method*

1. Melt the fat in a pan until smoking hot.
2. Fry the onions until a golden brown, take out and place on a plate.
3. Reheat fat and fry the meat, place with onions
4. Add the flour and fry until brown, add the water, season, stir until it boils.
5. Return the meat and onions to the pan, simmer for  $1\frac{1}{2}$  hours.
6. Add savoury balls or sliced carrots  $\frac{1}{2}$  hour before serving.
7. Serve neatly on a hot dish with the savoury balls or vegetables around.

## SAVOURY BALLS

3 oz. flour.  
 1 oz. suet.  
 1 small onion (parboiled and finely chopped).  
 $\frac{1}{2}$  teaspoonful thyme.  
 $\frac{1}{2}$  teaspoonful chopped parsley.  
 $\frac{1}{2}$  teaspoonful baking powder.  
 Seasoning. Cold water.

*Method*

1. Mix all dry ingredients to a stiff dough with cold water.
2. Divide into balls, roll on a floured board.
3. Add to stew.

## HARICOT MUTTON

1 lb. lean mutton.	Piece of carrot.
1 oz. dripping.	Piece of turnip.
1 oz. flour.	Seasoning.
1 small onion.	$\frac{1}{2}$ pt. stock or water.
2 oz. haricot beans.	

*Preparation*

1. Soak beans overnight.
2. Wipe the meat, cut into small pieces.

*Method*

1. Fry onion, meat, and flour as for brown stew.
2. Return all to pan and simmer 2 to  $2\frac{1}{2}$  hours.
3. Cook the beans till tender.
4. Serve meat neatly on a hot dish, pile beans at each end, and sprinkle with chopped parsley.



## BEEF OLIVES

1 lb. chuck steak.  
1 onion (sliced).  
1 oz. dripping.  
1 oz. flour.  
1 pt. stock or water.  
Forcemeat stuffing (page 27).

*Method*

1. Wipe meat and cut into pieces 3 in. long,  $1\frac{1}{2}$  in. wide.
2. Spread a little stuffing down centre of slice, roll up neatly and fasten with string.
3. Melt dripping until smoking hot, fry onions, remove.
4. Fry rolls until brown and remove.
5. Make gravy, return all to pan.
6. Simmer gently for 2 hours.
7. Cut the string from the meat.
8. Serve neatly on a hot dish.

## GLAZED OX TONGUE

Ox tongue.  
*Glaze*  
 $\frac{1}{2}$  pt. water.  
1 oz. gelatine.  
1 teaspoonful Bovril.

*Method*

1. Wash the tongue well.
2. Place in a pan and cover with cold water.
3. Bring to boil, then simmer gently for 4 hours.
4. Remove from pan, take off skin and pieces of fat.
5. Put into a round bowl, press and leave to cool.

*To Glaze*

1. Dissolve the gelatine in water, colour with Bovril, and allow to cool.
2. When setting brush over tongue.
3. Garnish with parsley.

## STEWED TRIPE

1 lb. tripe.  
 $\frac{1}{2}$  pt. milk.  
 $\frac{1}{2}$  pt. water.  
2 onions.  
1 oz. butter.  
1 oz. flour.  
Seasoning.

*Preparation*

1. Wash tripe well in warm water.
2. Put in pan and cover with cold water.
3. Bring to boil and throw away the water.

*Method*

1. Cut onions into slices and tripe into small pieces.
2. Add the  $\frac{1}{2}$  pt. water and simmer gently for 1 hour.
3. Mix the flour with the milk.
4. Add to the stew to thicken the sauce. Stir in the butter and season.
5. Serve on a hot dish.

*Vegetables* such as carrots, turnips, parsnips, onions, and potatoes can be stewed in the same stew-pan as the meat.

Stewing is a suitable method for cooking all blanched stems of plants, e.g. sea-kale, leeks, and celery. It is an economical method, as all the food value is retained.

## STEWING OF VEGETABLES

*General Method*

1. Wash and scrape vegetables.
2. Tie in bundles if necessary.
3. Put in stew-pan enough water, stock, or milk to cover vegetables.
4. When liquid is boiling—put in vegetables.
5. Stew until tender.
6. Drain well, use the liquid for sauce making.

## STEWED FRUIT

Proportions—

1 lb. fruit.  
 $\frac{1}{2}$  pt. liquid.  
4 oz. sugar.

*Method*

1. Place sugar and water in a pan, bring slowly to boiling point. Boil 10 minutes.
2. Prepare fruit according to kind.
3. Add fruit to syrup, simmer very gently with the lid on until tender.
4. Allow to cool—serve in a glass dish.

## DRIED FRUIT

Proportions—

1 lb. fruit.  
2 pt. water.  
3-4 oz. sugar.  
Apples require less water.

*Preparation*

1. Wash the fruit well, steep in cold water overnight.

*Method*

1. Place fruit in pan, add the liquid and sugar.
2. Stew gently until tender.
3. Allow to cool—serve in a glass dish.

NOTE. Fruit can also be stewed in a jam jar in the oven.

## STEAMING

Steaming is a method of cooking by moist heat; it is slower than boiling, as the food does not come into contact with boiling water.

Steamed food is lighter and more digestible than food cooked by any other method, thus it is most suitable for invalids.

*Essential Points to Remember*

1. Water must be kept at boiling point throughout the process.
2. Steamer should be provided with a tight fitting lid, and each section of steamer should fit well.
3. Small pieces of meat, fish, and puddings should be covered with greased paper to prevent condensed vapour falling on the food and rendering it sodden.
4. Unless constantly watched and refilled with boiling water, the saucepan or steamer may boil dry.

*Suitable Pieces of Meat*

As this process is slow, it is most suitable for small joints, e.g. chops and cutlets.

*Preparation*

1. Pan of boiling water.
2. Wipe and trim the meat.
3. Grease plate and the paper to cover.

*Method*

1. Place the meat on the plate.
2. Sprinkle with salt and pepper.
3. Cover with greased paper and with another plate.
4. Place over the pan of boiling water, allow to steam about 40 minutes.

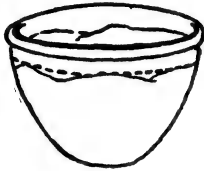
*Time for Larger Joint*

Beef .	. 15 minutes to each 1 lb. and 30 minutes over.
Mutton {	. 20    "    "    1 lb.    "    "    "
Veal {	. 20    "    "    1 lb.    "    "    "
Pork .	. 30    "    "    1 lb.    "    "    "

## STEAMING

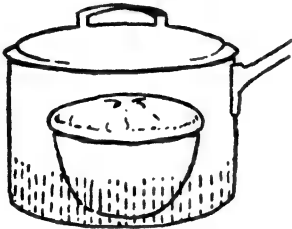
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When steaming puddings, do not fill the basin. Let the mixture come to within an inch of the top of the basin.



Keep the grease proof wrapping paper or fats for covering basin.

Food may be steamed—  
1. In a saucepan.



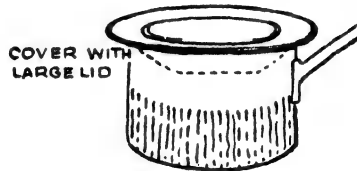
The water must only come half way up the basin.

3. In a steamer over a saucepan.

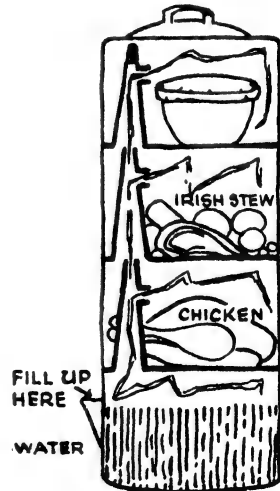


The steam enters the top compartment through holes in the bottom of the steamer.

2. On a plate over boiling water in a saucepan. A chop, a small slice of fish, or tomatoes may be cooked in this way.



4. In a patent steam cooker



*Fish*

Steaming is not the most savoury method of cooking fish, but it loses very little soluble nutritive value.

*Small portions* cook as for meat.

*Time*

15 to 20 minutes.

*Large Fish*

15 minutes to each 1 lb. and 15 minutes over.

*Vegetables*

By steaming vegetables most of the nutritive properties are preserved, hence the different flavour of steamed vegetables from boiled ones.

Green vegetables do not look so appetizing as when boiled, but they are more nourishing.

## TO STEAM VEGETABLES

*Preparation.* As for boiling vegetables.

*Method*

As for steaming meat.

Test with a fork when tender, serve in a hot dish.

## FISH MOULD

$\frac{1}{2}$  lb. of uncooked fish.

1 oz. fine breadcrumbs.

2 oz. grated suet.

1 egg.

1 gill milk or fish stock.

1 teaspoonful chopped parsley.

Seasoning.

*Preparation*

1. Wash fish, remove skin and bone.
2. Steamer.
3. Greased mould.
4. Paper to cover.

*Method*

1. Mix all dry ingredients together.
2. Beat up the egg, add to the ingredients and mix with the stock.
3. Place in mould and cover.
4. Steam gently about 1 hour.
5. Coat with parsley sauce.
6. Garnish with lemon and parsley.

## VEAL AND HAM MOULD

1 lb. fillet of veal.  
 $\frac{1}{2}$  lb. ham.  
 $\frac{1}{2}$  oz. gelatine.  
 $\frac{1}{2}$  pt. of stock.  
 Seasoning.  
 1 hard-boiled egg.

*Preparation*

1. Greased mould or cake tins.
2. Greased paper to cover.
3. Steamer.

*Method*

1. Cut the egg into slices, arrange at bottom of mould.
  2. Cut veal and ham into small dice, place in layers, and season well.
  3. Dissolve gelatine in the stock, pour over the veal, and cover with paper.
  4. Steam  $1\frac{1}{2}$ –2 hours.
  5. Turn out of mould when cool.
- Serve with salad.

## POTTED MEAT

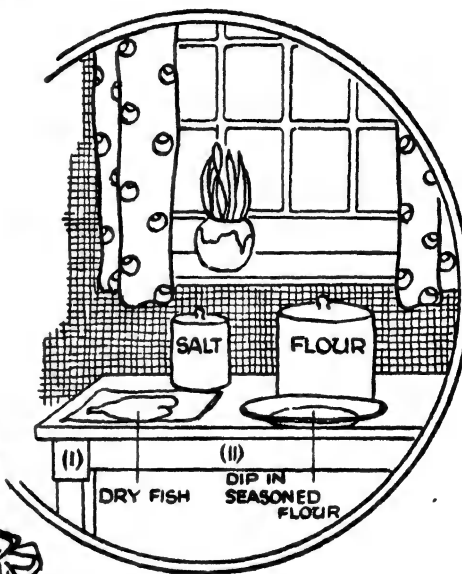
1 lb. best steak.  
 2 oz. butter.  
 Seasoning.  
 Little nutmeg.  
 Little mace.

*Method*

1. Wash the meat and cut into small pieces, season.
2. Steam in a stone jar 3 hours.
3. Remove and put through the mincer twice.
4. Add the liquid from the meat and the melted butter—season.
5. Place neatly in little glass jars—pour over melted fat if to be kept.

## FRYING

Remember dish  
and paper for  
draining fish or  
potatoes.



Frying is very simple, as you know,  
If you remember the points below—  
Clean, dry, and cover the fish,  
Prepare draining paper and dish.  
Heat the fat in a shallow pan,  
When the blue haze appears you can  
Put in the fish.  
Both sides must be a golden brown.  
Then, to finish the middle, turn  
The gas down.

## FRYING

*Frying* is a method of cooking food in heated oil or fat.

It is rather an expensive method of cooking although quick, attractive, and tasty. Constant attention is necessary during frying, and the food becomes indigestible if not well cooked and well drained.

### KINDS OF FRYING

1. *Dry Frying*. No fat is placed in the pan, as the food contains sufficient for frying, e.g. bacon and sausages.

NOTE. Prick the sausages to allow fat to escape.

2. *Shallow Frying*. The pan contains sufficient fat to prevent the food sticking to the bottom and burning, e.g. pancakes.

3. *Deep Fat*. Sufficient fat must be used to entirely cover the food to be cooked, e.g. fish and chips.

### FRIED LIVER AND BACON

$\frac{1}{2}$  lb. liver.

$\frac{1}{4}$  lb. bacon (fat).

Seasoning.

$\frac{1}{2}$  pt. water.

1 dessertspoonful flour.

Onions (optional).

#### *Preparation*

1. Remove rind from bacon cut into neat rashers.
2. Wash and dry the liver.
3. Peel and slice onions, if used.

#### *Method*

1. Fry the bacon a golden brown.
2. Remove from pan and place on a hot dish.
3. Fry the liver in the bacon fat until brown and tender, add to the bacon.
4. Fry onions a golden brown, if used, take out of pan.
5. Brown the flour, add the liquid, boil well for 5 minutes and season with pepper and salt.
6. Pour gravy over dish.

### FRIED CHOPS

3 loin chops.

1 oz. dripping.

Gravy.



*Preparation*

1. Wipe neat and trim.
2. Crumpled paper for draining.

*Method*

1. Place sufficient fat in pan to cover the bottom.
2. Heat until smoking hot.
3. Place in cutlets—fry until a golden brown.
4. Turn and fry the other side.
5. Drain on crumpled paper.
6. Arrange neatly on a hot dish.
7. Thicken gravy and serve with meat.

*Deep Fat Frying*

For deep fat frying, food is usually coated with a covering as a protection against the strong heat of the fat, and to prevent the fat soaking in.

*Coatings*

1. Seasoned flour or oatmeal.
2. Batter (see page 25).
3. Egg and breadcrumbs.

## FRIED FILLETS OF PLAICE

1 Plaiçe.

To fry—Pan of deep fat.

To coat—Egg and breadcrumbs.

*Preparation*

1. Remove dark skin with salt, wash, and dry the fish.
2. Heat the fat.
3. Crumpled paper for draining.
4. Beaten egg and breadcrumbs.

*Method*

1. Dip the fish in the beaten egg, allow to drain a little, coat with breadcrumbs.
2. Repeat twice and press breadcrumbs on after each coating.
3. Place in basket, and when fat is smoking hot, gently lower into the smoking fat.
4. Fry until a golden brown.
5. Drain well on grease-proof paper. Serve neatly on a dish paper, garnish with lemon and fried parsley.

## KIDNEYS AND BACON

2 kidneys.

6 slices bacon.

*Preparation*

1. Cut bacon into neat slices.
2. Split, wash, and dry the kidneys.
3. Skin them and remove core of fat.

*Method*

1. Fry the bacon a golden brown, place on a hot dish.
2. Fry kidneys in the fat left from the bacon. Season.
3. Serve on a hot dish with kidneys in the centre and the bacon around

*Essential Points to Remember*

1. Use absolutely clean fat, strain each time after use.
2. Dry food to be fried as much as possible and coat.
3. Use fat smoking hot.
4. Drain on crumpled paper to absorb fat.

*To Render Down Fat for Frying*

1. Remove any parts of meat from the fat.
2. Place fat in a pan and cover with cold water.
3. Bring to boiling point and boil for about 30 minutes
4. Boil slowly, removing scum and stirring until all the water has evaporated and the fat looks like clear oil.
5. Allow to cool a little and strain.

*To Clarify Dripping for Frying*

1. Melt the dripping and pour into a large basin half full of warm water.
2. Stir to clean the fat and leave.
3. When cold, the fat will harden into a cake and rise to the top.
4. Scrape any sediment from beneath the cake and wipe until dry.

## DEEP FRYING

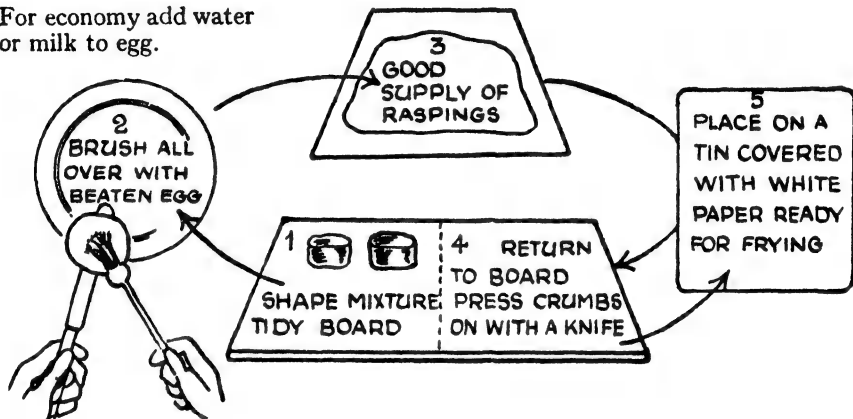
## HOW TO COAT FOOD WITH EGG AND RASPINGS BEFORE FRYING

Drop food in centre of crumbs.

Lift paper at both ends until food is covered.

Lift out with fingers. Toss gently in the hands.

For economy add water or milk to egg.

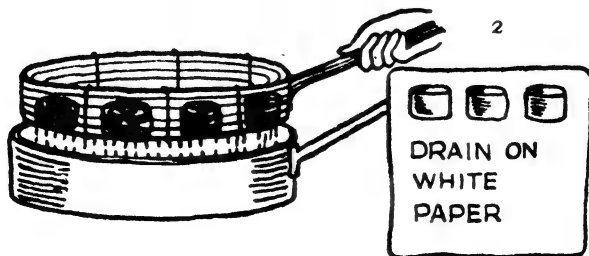


Lift food on a palette or kitchen knife.

Keep steady with a brush.

## DRAINING AFTER FRYING

Drain by holding the frying basket above the fat.



*Care of Fat*

Strain the fat while warm into an enamel bowl. The hot fat will crack china. When cold, cover with a plate.

*How to Make Raspings*

Bake scraps of bread in a cool oven until golden brown. Place between white paper and crush with a rolling pin.

Sieve and keep in an airtight tin.

After use, sieve and replace in tin.



## ROASTING

Roasting is cooking by direct heat.

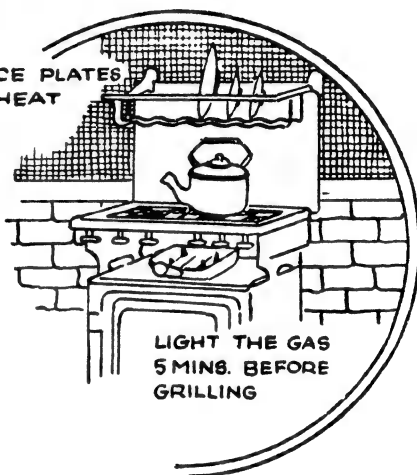
The meat is cooked in front of a clear open fire.

Formerly a roasting jack was used for roasting purposes, the meat being suspended in front of the heat ; now a dutch oven is more common.

## GRILLING



PLACE PLATES  
TO HEAT



LIGHT THE GAS  
5 MINS. BEFORE  
GRILLING

When the food is brown on one side, turn with two wooden spoons.

## GRILLING

Grilling is a method of cooking by direct heat. It is a quick and appetizing method of cooking food. Grilling can be done—

1. Over or in front of a smokeless fire.
2. Beneath the glowing reflector of a gas grill.

### *Suitable Pieces*

1. Thin pieces of tender good meat.
2. Steak, chops, or cutlets.
3. Kidneys.
4. Kippers.

## GRILLED STEAK

$\frac{1}{2}$  lb. best steak.

$\frac{1}{4}$  oz. butter.

*Maître d'hôtel* butter (page 24).

### *Preparation*

1. Wipe the meat.
2. Cover with fat to prevent scorching.
3. Intense heat results in quick sealing in of meat juices.

### *Method*

1. Place the meat on the gridiron.
2. Grill until a golden brown.
3. Turn, holding meat between the blades of two knives.
4. Brown the other side.
5. Serve hot with *maître d'hôtel* butter.

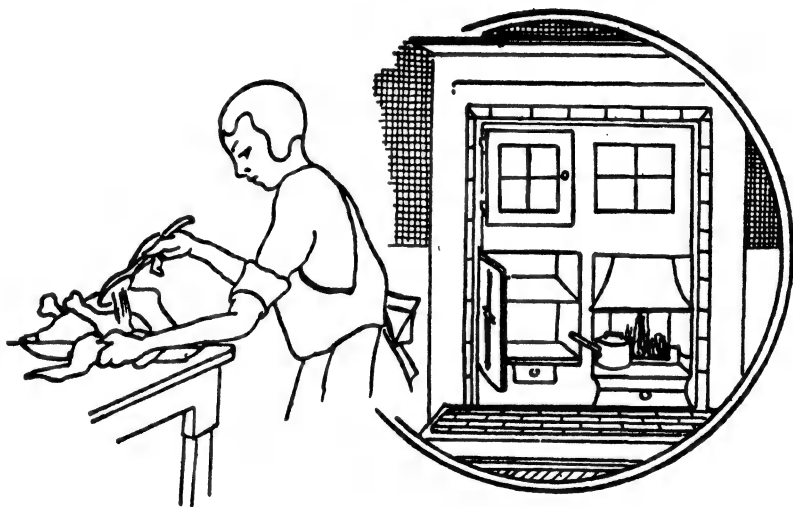
## BAKING

Weigh a juicy piece of meat  
Just to know the time to heat,  
For ten minutes let it brown,  
Then turn the gas half-way down.  
The hot air will make it dry,  
So to keep it moist we'll try,  
Every 15 minutes baste,  
For it will improve the taste.

## PREPARATION FOR BAKING

First fetch boiler, tin, or pot,  
Light the gas to make it hot.  
Weigh your flour on something dry,  
Then add moisture by and by.

## BAKING



## BAKING

Baking is cooking food in hot air in an enclosed space.

It is a very appetizing method of cooking, though rather extravagant, as only the best joints can be used, and there is considerable loss of weight when the joint is cooked.

*Suitable Pieces*

Sirloin. Round. Leg. Shoulder.

## BAKING MEAT

*Preparation*

1. Weigh the meat, wipe the joint, skewer, and tie into shape if necessary.
2. Hot oven.

*Method*

1. Place sufficient dripping in a tin for basting the meat—heat until a blue flame arises.
2. Put meat in the tin and place in a hot oven for 15 minutes to form a coating on the meat and keep in the juices.
3. Lower heat and cook slowly.
4. Baste frequently.
5. Serve on a hot dish and thicken gravy.

*Time*

Mutton, thin pieces, 15 minutes to 1 lb. + 15 minutes over; solid pieces, 20 minutes to 1 lb. + 25 minutes over.

## BEEF STEAK AND KIDNEY PIE

1 lb. stewing steak.  
1 sheep's kidney.  
1 tablespoonful flour.  
Seasoning.  
 $\frac{1}{2}$  gill water or stock.  
 $\frac{1}{2}$  lb. flaky pastry (page 77).

*Preparation*

1. Wash the meat and kidneys, cut into small pieces.
2. Have a hot oven ready.

*Method*

1. Season the flour, dip the meat into it.
2. Place in pie-dish and add liquid.
3. Make pastry and roll out a size larger than pie-dish.
4. Cut off a strip from three sides of the pastry, wet the edges of the pie-dish and place strips round.
5. Wet the strips and place the pastry on the top, ease around and press the edges together, decorate.
6. Brush the top of the pastry with a little beaten egg.
7. Bake in a hot oven till the pastry is brown—lower the heat and cook 2-2 $\frac{1}{2}$  hours.
8. When meat is tender—serve with stock made into gravy.



## BAKED HEART

- 1 sheep's heart.  
 1 oz. dripping.  
 1 oz. breadcrumbs.  
 2 teaspoonfuls suet.  
 1 teaspoonful chopped parsley.  
 Seasoning.  
 A little milk to bind.
- Stuffing {

*Preparation*

1. Clean the heart thoroughly. Wash and dry in a clean towel.

*Method*

1. Make the stuffing and place inside the heart.
2. Tie round the top and cover with greased paper, place in the tin with dripping.
3. Bake in a moderate oven about  $1\frac{1}{2}$  hours, baste frequently.
4. Serve on a hot dish with thickened gravy.

## VEAL AND HAM PIE

- 1 lb. veal cutlet.  
 2 hard-boiled eggs.  
 $\frac{1}{2}$  lb. fat bacon.  
 Seasoning.  
 Grated rind of 1 lemon.  
 $\frac{1}{2}$  lb. flaky pastry.  
 1 gill stock or water.

*Preparation*

Wipe the meat and cut into small pieces, with the bacon.

*Method*

1. Arrange alternately in pie-dish with seasoning and lemon rind.
2. Cut the eggs into four and place on the top.
3. Add the stock.
4. Cover as for steak and kidney pie.
5. Bake in a hot oven to brown the crust, lower the heat to cook the meat for about  $1\frac{1}{2}$  hours.
6. Fill up with hot stock through hole in centre of pie.

## YORKSHIRE SAVOURIES

- Pig's fry. Caul.  
 $\frac{1}{2}$  lb. breadcrumbs.  
 2 lb. boiled onions.  
 1 teaspoonful mixed herbs.  
 Seasoning.

*Preparation*

1. Wash and boil fry for 1 hour, use the stock for the gravy.
2. Mince the meat.
3. Chop up onions finely.

*Method*

1. Mix all ingredients together, add a little stock if necessary.
2. Shape into balls—cover with caul, place in dripping pan, and cover base of tin with stock.
3. Bake  $\frac{1}{2}$  hour in a moderate oven.
4. Thicken, flavour, and brown the stock.
5. Serve hot with savouries.

## VEGETABLES

## BAKED POTATOES

*Method*

1. Choose potatoes of equal size and perfectly sound.
2. Scrub and dry.
3. Prick the skin to prevent cracking.
4. Bake in a moderate oven for 1-2 hours. When potatoes are cooked they should feel soft when placed between finger and thumb.

## ROAST POTATOES

*Preparation*

1. Wash and peel potatoes.
2. Put into boiling, salted water, and boil for 10 minutes.
3. Drain and dry in a cloth.
4. Melt dripping in a baking tin, add potatoes, and cook in a moderate oven until brown and tender—or cook under joint.

## FISH

## BAKED FISH

- 2 filleted haddocks or whittings.  
 $\frac{1}{2}$  oz. dripping.  
 $\frac{1}{4}$  pt. milk.

*Preparation*

1. Clean and prepare fish.
2. Dry well and coat with seasoned flour.

*Method*

1. Roll up fish with the skin inside and place in a pie dish.
2. Pour the milk over and place a little fat on each piece of fish.
3. Bake in a moderate oven 15-20 minutes.

*Time*

For a whole fish it varies according to size—usually about 20 minutes.  
For small fillets, 12-15 minutes.

## STUFFED BAKED HADDOCK

- 1 fresh haddock.
- 2 oz. veal forcemeat (page 27).
- 1 oz. dripping.
- Seasoned flour.
- $\frac{1}{2}$  pt. parsley sauce (page 22).

*Preparation*

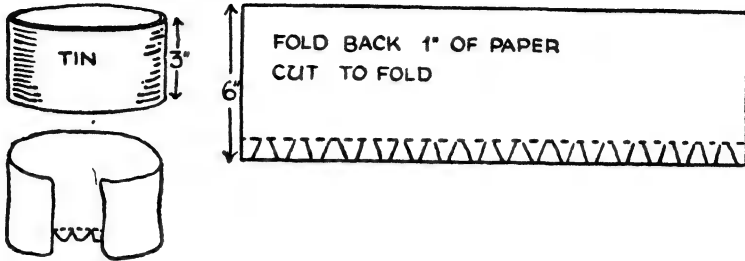
1. Clean and prepare fish; remove the bone.
2. Melt the dripping in the oven.

*Method*

1. Fill the fish with the stuffing and press into shape, dip in seasoned flour.
2. Place in the dripping when smoking hot and baste well.
3. Bake in a moderate oven for about 20 minutes.
4. Drain from the fat—serve on a hot dish with parsley sauce.

## HOW TO LINE A CAKE TIN

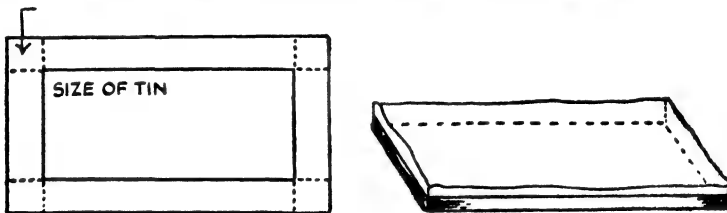
Cut a strip of paper 3 in. higher than tin.



Arrange cut fold to lie flat in the bottom of tin.  
 Hold the tin on paper. Pencil round. Cut out a little smaller. It must lie quite flat in the tin.  
 Grease tin and paper.

## HOW TO LINE A SWISS ROLL TIN

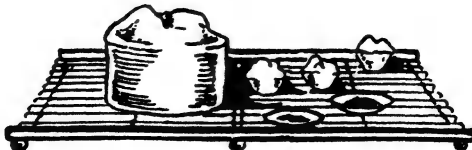
Cut out corners along dotted lines to make paper fit in the tin.



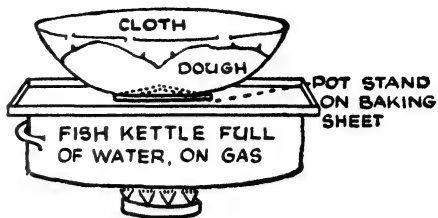
## CAKE COOLER

Allow cakes, pastry, and biscuits to cool on a wire cake cooler, but never in a draught.

Wash tins only if burnt. Wipe clean while warm.



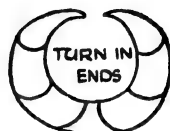
How to rise bread over steam when there is no fire.



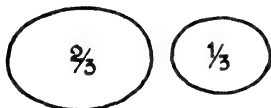
### 1. CRESCENT.



Roll up to point A.



### 2. COTTAGE LOAF.



Shape two rounds of dough. Place one above the other. Press thumb right down the middle.



### 3. ROLL.

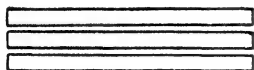


Fold.



Press into shape.

### 4. PLAIT.



Cut 3 strips of dough.



Plait.



Press into shape.

### 5. FANCY LOAF.



Shape the loaf.



Make the roll.



Place one on the other.

# CAKES, SCONES, AND BREAD

## CAKES

### Preparation

1. Clean and dry all fruit.
2. Weigh or measure all ingredients carefully.
3. Grease all cake tins with lard, except for pastry.
4. Line cake tins for all rich cakes. For sponge mixture coat the tin evenly with a layer of flour; this gives a crisp finish to the outside of a sponge cake.
5. Prepare the oven.

AVERAGE PROPORTIONS OF CHIEF INGREDIENTS IN CAKE MIXTURES

Ingredients	Plain Cake	Rich Cake	Short- bread	Ginger- bread	Sponge Cake	Swiss Roll
Flour . . .	8 oz.	8 oz.	8 oz.	12 oz.	2 oz.	1 $\frac{1}{2}$ oz.
Sugar . . .	3-4 oz.	4-6 oz.	2 oz.	4 oz.	2 oz.	2 oz.
Fat . . .	3-4 oz.	4-6 oz.	4 oz.	4 oz.	2 oz.	—
Fruit . . .	2-3 oz.	4-5 oz.	—	—	—	—
Eggs . . .	1	3	—	1	1	1
Milk . . .	1 gill	a little	—	$\frac{1}{2}$ gill	—	—
Baking powder .	1 teasp.	$\frac{1}{2}$ teasp.	—	—	—	$\frac{1}{2}$ teasp.
Fats used . .	Butter, marg., or lard	Butter	Butter	Marg.	Butter	—
Method of adding fat .	As for short crust pastry	Beat the sugar and but- ter to a white cream	Knead it with flour and sugar	Melt it in a sauce- pan	As for rich cake	—
Consistency .	Stiff	Mixture should drop from spoon	As for short crust pastry	Pouring	As for rich cake	Pouring
Heat of oven .	Hot for first 15 minutes, reduce heat. Bake 1-1 $\frac{1}{2}$ hr.	Moderate Bake 2 $\frac{1}{2}$ -4 hr.	Moderate	Moderate	Moderate	Very hot

Small cakes require a short time to cook. They should be placed in the middle of the shelf of a hot oven.

*To Line a Round Cake Tin*

1. Use a good thickness of kitchen paper.
2. Cut paper the height of tin plus 3 in. extra.
3. Cut a piece to fit base of tin.
4. Grease the paper well.
5. Fold over 1 in. at bottom, grease well, and cut the paper 1 in. apart all round—this lies on the base of the tin—and cover with the grease rounds.
6. The 2 in. above allows for the cake to rise.

*To Line a Swiss Roll Tin*

1. Use only one thickness of paper and grease well.
2. Fit into tin by cutting at corners and folding one over the other.

*To Test When Ready*

1. Small cakes—firm to touch and brown.
2. Large cakes—test with a knitting needle, it should come out clean.

*To Cool Cakes*

Place on a cake rack, out of any draught.

## CHRISTMAS CAKE

6 oz. flour.  
5 oz. butter.  
5 oz. sugar (castor)  
8 oz. currants.  
8 oz. raisins.  
4 oz. sultanas.  
4 oz. peel.  
2 oz. sweet almonds.  
Rind and juice of lemon.  
 $\frac{1}{2}$  teaspoonful mixed spice.  
1 teaspoonful black treacle.  
4 eggs.

*Preparation*

1. Wash, clean, and dry all fruit; chop almonds and peel; mix all fruit together.
2. Break eggs separately and beat together.
3. Place butter and sugar in basin.
4. Measure flour on to a plate and add salt.
5. Grate lemon rind and squeeze.
6. Line and prepare tin.

*Method*

1. Beat butter and sugar to a cream.
2. Add eggs and flour alternately until all is used up.
3. Stir in remaining ingredients.
4. Place neatly in tin and make a hollow in centre.
5. Bake slowly in a moderate oven for  $2\frac{1}{2}$ –3 hours.
6. Allow to cool before turning out of tin. Leave paper until cake is used.

## MADEIRA CAKES

## SCHOOL PROPORTION FOR SMALL ROUND TIN

3 oz. flour.  
Salt.  
2 oz. fat.  
 $1\frac{1}{2}$  oz. sugar.  
1 egg—a little milk.  
1 strip citron peel.

*Preparation*

1. Prepare the oven.
2. Grease tin well.
3. Beat the eggs.

*Method*

1. Mix as for Queen cakes until a dropping consistency.
2. Place neatly in the tin.
3. When cake is set, place peel gently on top.
4. Bake in a moderate oven 30–40 minutes.

## SPONGE CAKES

2 eggs—average weight 4 oz.  
Their weight in butter, sugar, and flour.  
Pinch of salt.

*Preparation*

1. Grease tins; flour over evenly.
2. Prepare oven.
3. Break eggs separately and beat together.
4. Measure flour and salt on to a plate.

*Method*

1. Beat butter and sugar together until a white smooth cream.
2. Add eggs and flour alternately until all is used up.
3. Place neatly in tin—smooth to the corners.
4. Bake in a moderate oven 20–30 minutes.
5. Allow to cool—place jam in between layers—sugar the top.



## QUEEN CAKES

4 oz. butter.  
4 oz. castor sugar.  
5 oz. flour.  
2 oz. currants or sultanas.  
 $\frac{1}{2}$  oz. candied peel.  
2 eggs.  
 $\frac{1}{2}$  lemon grated.  
 $\frac{1}{4}$  (small) teaspoonful baking powder.  
Milk if necessary.

*Preparation*

1. Grease the tin well with lard.
2. Clean fruit—chop peel and grate lemon.
3. Heat the oven.
4. Beat the eggs.

*Method*

1. Beat the butter and sugar to a white soft cream.
2. Add alternately the beaten egg and flour until all is used up.
3. Stir in fruit.
4. Make the mixture of a dropping consistency.
5. Half fill the tins.
6. Bake in a moderate oven 15–20 minutes.

## ROCK BUNS

12 oz. flour.  
Pinch of salt.  
4 oz. fat (dripping or lard and margarine).  
4 oz. castor sugar.  
2 oz. currants.  
1 oz. candied peel.  
1 egg and milk.  
1 small teaspoonful baking powder.

*Preparation*

1. Clean the fruit.
2. Chop up peel.
3. Heat the oven.
4. Beat up the egg.
5. Grease tins.

*Method*

1. Rub the fat into the flour.
2. Add all the other ingredients.
3. Mix well with egg and milk, using sufficient milk to make a stiff mixture.
4. Bake in a quick oven for about 15 minutes.

NOTE. Unless the mixture is stiff and the oven hot, the cakes will not keep their shape.

## LEMON BUNS

Recipe as for rock buns with grated rind and juice of 1 lemon.

*Method*

As for rock buns, but use a dropping consistency.

## COCO-NUT CAKES

8 oz. flour.      Pinch of salt.  
 2 oz. lard or butter.  
 2 oz. sugar.  
 2 oz. coco-nut.  
 1 teaspoonful baking powder.  
 1 egg.  
 Milk.

*Preparation*

1. Heat oven.
2. Grease tins.
3. Beat the egg.

*Method*

1. Add salt to flour.
2. Rub the fat into flour with the finger tips until like fine breadcrumbs.
3. Mix all dry ingredients together.
4. Mix with egg and a little milk to a stiff paste.
5. Drop mixture on the tins.
6. Bake in a quick oven until a golden brown.
7. Sprinkle coco-nut on top.

## RASPBERRY BUNS

8 oz. flour.	Or	8 oz. flour.
Salt.		Salt.
3 oz. fat.		1 oz. fat.
4 oz. castor sugar.		2 oz. sugar.
1 egg.		1 egg.
A little milk.		A little milk.
Raspberry jam.		Raspberry jam.

*Preparation and Method* as for rock cakes.

1. Divide mixture into equal pieces, make a deep hole with finger in the middle of each cake.
  2. Place in  $\frac{1}{2}$  teaspoonful jam and bring the edges together.
  3. Place on a tin, paint over with egg and sugar.
- Bake in a moderate oven 15-20 minutes.

## BRANDY SNAPS

- 1 lb. flour.
- 1 lb. castor sugar.
- $\frac{1}{2}$  lb. butter.
- $\frac{1}{2}$  lb. treacle.
- $\frac{1}{2}$  lb. syrup.
- 1 teaspoonful ginger.
- 2 drops lemon juice.

*Preparation*

1. Prepare a moderate oven.
2. A greased baking sheet.

*Method*

1. Melt butter, syrup, and treacle in a saucepan.
2. Stir in all the other ingredients.
3. Drop the mixture in small teaspoonfuls on the baking tin—about 4 in. apart.
4. Bake in a moderate oven 7-10 minutes.
5. When slightly set, roll up on a greased handle of a wooden spoon.

## GINGER BREAD

- 8 oz. flour. Salt.
- 4 oz. black treacle.
- 2 oz. lard.
- 2 oz. brown sugar.
- Teaspoonful of ginger.
- A little milk.

*Preparation*

1. Grease tin well.
2. Heat oven.
3. Melt the lard with the treacle.

*Method*

1. Add remaining ingredients to the treacle.
2. Add sufficient milk to make a pouring consistency.
3. Pour into tin and bake in a moderate oven for about 1 hour until set and a golden brown colour.

## ORANGE CAKE

The weight of 3 eggs in—

Butter.

Sugar.

Flour.

Rind of 1 orange.

1 teaspoonful orange juice.

1 teaspoonful baking powder.

*Method* as for rich cake.

Bake in a moderate oven 40–60 minutes.

## GENOA CAKE

10 oz. flour.

8 oz. butter.

8 oz. sugar.

8 oz. raisins.

4 oz. almonds.

4 oz. cherries.

4 eggs.

2 teaspoonfuls baking powder.

*Method* as for rich cakes.

Bake in a moderate oven  $1\frac{1}{2}$  to 2 hours until a golden brown colour.

## VERY RICH CAKE

8 oz. raisins.

2 lb. flour.      Salt.

$1\frac{1}{2}$  lb. butter.

2 lb. currants.

12 eggs.

$\frac{1}{2}$  grated nutmeg.

$\frac{1}{2}$  teaspoonful mixed spice.

6 oz. mixed peel.

1 lb. castor sugar.

4 oz. ground almonds.

3 oz. chopped almonds.

$\frac{1}{2}$  lb. cherries.

3 tablespoonfuls brandy.

1 teaspoonful baking powder.

As for all rich cakes. Bake in a moderate oven 4–6 hours.

## SHORT BREAD

8 oz. flour.  
4 oz. butter.  
2 oz. sugar.

*Preparation*

1. Grease a baking sheet.
2. Heat the oven.

*Method*

1. Mix all ingredients together.
2. Work them all together into the butter with one hand.
3. Knead until the mixture is fairly soft.
4. Roll out and cut into fingers or bake in a cake, prick and place on the tin.
5. Bake in a moderate oven 30-40 minutes.

## ALMOND SLICES

*Shortbread*

4 oz. flour.  
2 oz. butter.  
1 oz. sugar.

*Mixture*

$\frac{1}{2}$  oz. flour.  
1 oz. butter.  
1 oz. ground almonds.  
1 oz. sugar.  
 $\frac{1}{2}$  egg.

Decoration,  $\frac{1}{4}$  oz. cold chopped almonds browned.

*Preparation*

1. Heat the oven.
2. Grease tin.
3. Make the shortbread into long fingers.

*Method*

1. Beat the butter and sugar to a cream.
2. Add the egg, flour, and almonds.
3. Spread on a layer of jam on the fingers.
4. Cover with the mixture.
5. Sprinkle the top with the browned almonds.
6. Bake in a moderate oven  $\frac{1}{2}$  hour.

## SWISS ROLL

2 eggs.  
 $1\frac{1}{2}$  tablespoonsful hot jam.  
4 oz. flour.  
1 tablespoonful tepid water.  
2 oz. sugar.  
 $\frac{1}{4}$  teaspoonful baking powder.

*Preparation*

1. Hot oven.
2. Tin lined and greased.

*Method*

1. Beat the eggs, sugar together until thick and creamy.
2. Mix the baking powder with the flour and fold into mixture. Add the water.
3. Turn into the tin and spread out evenly and into the corners.
4. Cook in a moderate oven for about 15 minutes.
5. Prepare sugared paper, hot jam, and a knife.
6. Turn on to paper—spread quickly with the jam, roll up, dredge with castor sugar.

## SIMNEL CAKE

4 oz. flour.  
3 oz. butter.  
3 oz. sugar.  
3 oz. currants.  
2 oz. sultanas.  
2 oz. mixed peel.  
3 eggs.  
Grated rind of 1 lemon.  
1 dessertspoonful brandy.  
 $\frac{1}{4}$  teaspoonful baking powder.  
 $\frac{1}{4}$  teaspoonful mixed spice.  
 $\frac{1}{4}$  teaspoonful black treacle.  
Almond paste.  
Preserved fruits.  
Royal icing.

1. Prepare as for all rich cakes, line the tin.
  2. Spread on a layer of cake.
  3. Place a layer of almond paste on top.
  4. Another layer of remaining cake mixture.
  5. Bake 3-3 $\frac{1}{2}$  hours.
- Decorate with almond paste, preserved fruits, and royal icing.

## SHREWSBURY BISCUITS

8 oz. flour.  
4 oz. butter.  
4 oz. castor sugar.  
1 teaspoonful grated lemon rind.  
1 egg.  
2 oz. currants.

*Preparation*

1. Grease tin.
2. Prepare a moderate oven.
3. Clean the fruit.
4. Beat the egg.

*Method*

1. Cream the butter and sugar.
2. Add egg and heat well.
3. Stir in the flour and lemon rind.
4. Knead until smooth.
5. Roll out thinly on a floured board.
6. Cut into rounds, prick all over.
7. Bake in a moderate oven for about 20 minutes until a golden brown colour.

## MACAROONS

- 2 oz. ground almonds.
- 2 oz. castor sugar.
- 1 white of egg.

*Preparation*

1. A moderate oven.
2. Greased tin—rice paper.

*Method*

1. Mix the almonds and sugar.
2. Whip the white of egg until very stiff.
3. Fold in the mixture.
4. Form into little balls, place a rice paper and a blanched almond on each. Bake in a moderate oven until a golden brown.

## SCONES

- $\frac{1}{2}$  lb. flour.
- $\frac{1}{2}$  teaspoon salt.
- 1 oz. margarine.
- $\frac{1}{4}$  oz. sugar.
- 1 gill milk.
- $\frac{1}{2}$  teaspoon bicarbonate of soda,
- and 1 teaspoon cream of tartar,
- or 1 teaspoon baking powder.

*Preparation*

1. Grease the tin.
2. Heat the oven.

*Method*

1. Add salt to flour.
2. Rub the fat into the flour.
3. Add the remaining ingredients.
4. Mix to an elastic dough with the milk.
5. Roll out on a floured board about  $\frac{1}{2}$  in. thickness, cut and lay on the tin.
6. To glaze, brush over with egg or milk.
7. Bake in a quick oven about 10-15 minutes.

## BROWN SCONES

8 oz. flour.  
4 oz. oatmeal.  
 $\frac{1}{4}$  teaspoon salt.  
 $\frac{1}{2}$  teaspoon bicarbonate of soda.  
1 teaspoon cream of tartar.  
1 teaspoon castor sugar.  
1  $\frac{1}{2}$  oz. butter.  
Sour milk.

*Preparation and Method* as for scones.

## DROPPED SCONES

$\frac{1}{2}$  lb. flour.  
1 pinch of salt.  
1 oz. castor sugar.  
1 egg.  
 $\frac{1}{2}$  teaspoonful bicarbonate of soda.  
1 teaspoonful cream of tartar.  
Sour milk.

*Preparation*

1. Grease a hot girdle.

*Method*

1. Mix all the dry ingredients together.
2. Drop in the egg and a little milk.
3. Mix well until a smooth paste, use a thick batter.
4. Drop the mixture in small rounds on the girdle.
5. Brown one side a golden brown colour, turn, and brown the other side.
6. Butter well and serve hot.



## BREAD

### WHITE BREAD

3½ lb. flour.  
3½ teaspoonfuls salt.  
1 oz. yeast.  
1 teaspoonful sugar.  
1½ pt. tepid water.

#### *Preparation*

1. Warm a large bowl.
2. Mix yeast and sugar to a cream.
3. Have the water ready in a jug.
4. A clean warm towel to cover dough.

#### *Method*

1. Add salt to flour, place in warm basin, and leave two handfuls on a plate for the kneading.
2. Make a well in the centre of the flour, pour in yeast—rinse out with a little of the water.
3. Mix the dry flour into the liquid.
4. Add all the water and mix to an elastic dough.
5. Knead with one hand until the dough is quite smooth, use the flour on the plate for cleaning hand and edges of the basin.
6. Flour underneath the dough and leave to rise in a warm place until it is twice its size, usually about 1 hour.
7. Turn on a floured board, divide into loaves according to size of tin, knead into shape—place in warm greased tins.
8. Put in a warm place to prove for 15 minutes.
9. Bake in a hot oven for 30 to 60 minutes, according to size.
10. When ready, the bread should have a golden brown crust and sound hollow when tapped with the knuckles from the bottom of the loaf.

### BROWN BREAD

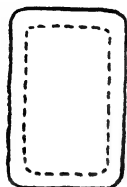
1 lb. whole meal.  
1 lb. white flour.  
1 oz. yeast.  
½ teaspoon sugar.  
2 teaspoonfuls salt.  
1 pt. tepid water.

#### *Method*

As for white bread.

NOTE. ½ oz. lard may be added to each 1 lb. flour and water with milk used for mixing.

## PASTRY FOR COVERING AND DECORATING PIES



Roll out pastry  $1\frac{1}{2}$  in. larger than top of the pie dish. Cut off 1 in. all round. Wet edges of the pie dish and arrange the strip round, cut side inside. Lay the pastry on top, but do not stretch it.

*Opening up Edges*

Press the edges of the pastry together with the first finger of the left hand. Open up the edges with a floured knife.

*Scalloping the Edge*

Draw the back of a floured knife up, while pressing the thumb lightly down. Make a hole in the centre of the pie for steam to escape. Brush over with egg or milk.

*How to Cut Out Leaves*

Cut a strip of pastry  $1\frac{1}{2}$  in. wide. Cut into diamonds. Trace veins.

*How to Make a Rose*

Cut out a very thin square of pastry 4 in. square. Fold in two. Fold in two again. Cut a cross through the folds of pastry. Pull the corners together underneath. Open petals.

*How to Make a Tassel*

Cut a strip of thin pastry,  $2\frac{1}{2}$  in. by  $4\frac{1}{2}$  in. Cut through the pastry to make the fringe. Roll up. Press the uncut pastry together. Meat pies are decorated but not fruit pies. The rose or tassel is placed in the centre of the pie with leaves round. Make an air hole at the side.

## ROLLS

1 lb. flour.  
Teaspoon salt.  
 $\frac{1}{4}$  oz. yeast.  
 $\frac{1}{2}$  teaspoon castor sugar.  
1 oz. fat.  
 $\frac{1}{2}$  pt. milk.

*Method*

As for white bread.

When well risen, form into rolls on a floured board, prove 15 minutes; brush with egg; bake in a hot oven for about 20 minutes.

## GENERAL RULES FOR PASTRY MAKING

1. Keep everything cool.
2. Mixture should be stiff and basin clean.
3. Use little flour for rolling out.
4. Handle as little and lightly as possible.
5. Roll out evenly and straight in front.
6. Bake in a quick oven.

## PROPORTIONS FOR SHORT CRUST PASTRY

Half fat to flour.

One teaspoon salt to 1 lb. flour.

## SCHOOL RECIPE

2 oz. flour.  
Salt.  
1 oz. fat, lard, dripping, or margarine.  
Cold water.

*Preparation*

1. Light the oven.
2. Prepare tins.
3. Into bowl place flour, salt, and fat.
4. Have cold water in measure.

*Method*

1. Chop fat into small pieces.
2. Rub fat into flour until it is like breadcrumbs.
3. Mix, using a knife, to a stiff dough.
4. Roll out lightly.

This pastry is used for jam tarts and fruit pies.

## JAM OR LEMON CHEESE TARTS

Cut out tarts with cutter or tumbler, line the tins, place jam in the centre, bake in a hot oven 15 minutes.

## SYRUP TARTS

Short crust pastry.

### *Mixture*

4 tablespoons syrup.  
2 tablespoons breadcrumbs.  
Rind and juice of a lemon.

### *Method*

1. Line plate with pastry.
2. Mix all other ingredients together. Place over the pastry. Bake in a moderate oven for 20 minutes.

## MAIDS OF HONOUR

Short crust pastry.

### *Mixture*

Jam.  
1 egg.  
2 oz. castor sugar.  
2 oz. flour.  
2 oz. butter or margarine.  
 $\frac{1}{2}$  teaspoon baking powder.

### *Method*

1. Make the pastry, line patty tins.
2. Cover pastry with  $\frac{1}{2}$  teaspoonful jam.
3. Cream butter and sugar until smooth and white.
4. Beat the egg, and add flour and egg alternately to mixture until it is all used up.
5. Place 1 teaspoonful of this mixture over the jam.
6. Bake in a moderate oven for 20-30 minutes.

## JAM TURNOVERS

Roll out last pieces of pastry into oblong shape—place jam on 1 in. from the sides all round, moisten edges, bring over one side and close the edges. Bake in a moderate oven 15 minutes.

## FLAKY PASTRY

*Proportion 6 oz. Fat to 8 oz. Flour.*

1. Divide fat into four.

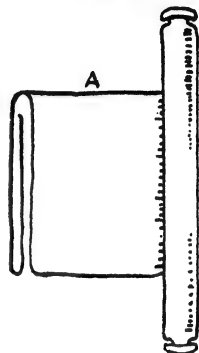


Rub in one portion of fat. Roll out.

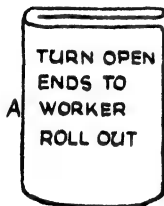
2. Spread on one portion of fat in flakes.



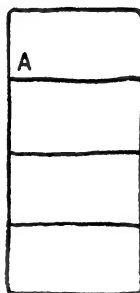
3. Fold in three. Press open ends with rolling pin.



4.



Repeat twice and all fat is used.

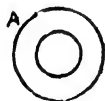


*If pastry is for sausage rolls, divide into four.*

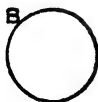


Roll out each portion large enough to make two sausage rolls.

*If pastry is for jam puffs, cut out two rounds with a cutter.*

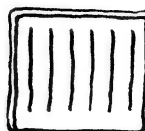


Cut out centre of ring A with an egg cup.



Wet round edges of B. Place A on top. Bake and fill with jam.

*If pastry is for eccles cakes, place mixture on top half of pastry.*



Fold over pastry. Join edges. Mark with a knife.

## FLAKY PASTRY

8 oz. flour.  
 $\frac{1}{4}$  teaspoonful salt.  
6 oz. fat.  
2 teaspoonfuls lemon juice.  
About 1 gill cold water.

*Method*

1. Add salt to flour.
  2. Mix lard and butter to the same consistency; divide into four equal parts.
  3. Add quarter of the fat to flour; rub in the fat.
  4. Add lemon juice and water, mix to an elastic dough.
  5. Turn on to a floured board, roll out into a long strip.
  6. Spread quarter of the fat in flakes over the bottom two-thirds of the pastry.
  7. Fold the pastry as shown in diagram and seal the edges.
  8. Half turn the pastry to bring the folded edges to the sides.
  9. Repeat until all the fat is used up.
  10. Roll out and fold without any fat enclosed.
  11. Use up as required. Bake in a hot oven.
- Use for jam puffs, fruit pies, meat pies, and sausage rolls.

## BANBURY PUFFS

8 oz. flaky pastry.

*Mixture*

1 oz. butter.  
 $\frac{1}{2}$  oz. flour.  
1 tablespoonful brandy or sherry.  
4 oz. currants.  
 $\frac{1}{2}$  oz. mixed peel.  
Pinch of allspice and cinnamon.  
1 egg.  
2 oz. brown sugar.

*Preparation*

1. Hot oven.
2. Clean currants.
3. Beat egg.
4. Baking sheet.

*Method*

1. Melt the butter in a pan.
2. Add flour and brandy; cook slightly.
3. Stir in all other ingredients.
4. Roll out pastry into an oblong.

5. Spread mixture over half of it and  $\frac{1}{2}$  in. from the edges.
6. Wet the edges and fold over other half.
7. Brush over with egg, sprinkle with castor sugar.
8. Mark pastry into slices.
9. Bake in a hot oven 20-25 minutes.
10. When cool, cut the marked slices through and dredge with the sugar.

## REHEATED DISHES

### *Advantages of Reheating Food*

1. Avoids waste.
2. Allows for variety.
3. It makes what would be unappetizing into a tasty dish.

### *Rules to Remember*

1. The food should be reheated and not recooked.
2. Flavour and liquid should be supplied to make up for loss after first cooking.
3. Flavour well and taste.

## MINCE

Cold meat about 1 lb.  
 1 dessertspoonful breadcrumbs.  
 1 small onion.  
 1 oz. dripping.  
 $\frac{1}{2}$  pt. stock.  
 A slice of toast for garnish.  
 Seasoning.

### *Method*

1. Remove any skin or undue fat from the meat and mince it.
2. Chop up onion finely.
3. Heat the fat and fry the onion well until a golden brown colour, add the stock and meat and heat thoroughly. Stir with two forks to separate fibres.
4. Add the breadcrumbs and seasoning.
5. Simmer for 15 minutes.
6. Serve in a hot dish, garnish with slices of toast.

## SHEPHERD'S PIE

$\frac{1}{2}$  lb. cold meat.  
 1  $\frac{1}{2}$  lb. cold potatoes.  
 Seasoning.  
 4 tablespoons milk.  
 1 chopped cooked onion.  
 $\frac{1}{2}$  oz. butter.  
 Brown gravy or stock.  
 Seasoning.

*Method*

1. Remove any fat or skin from meat and mince it.
2. Season the meat, add the gravy and onion until fairly soft.
3. Place in a pie dish.
4. Mash the potatoes, heat in a saucepan with the butter seasoning and milk until smooth.
5. Pile over the meat and smooth round with a knife.
6. Brush over with egg or milk or put small lumps of fat on the top.
7. Bake in a moderate oven about  $\frac{1}{2}$  hour till brown in colour.

## CORNISH PASTIES

*Mixture*

$\frac{1}{2}$  lb. short crust pastry.

$\frac{1}{4}$  lb. minced meat.

6 oz. mashed potatoes.

Seasoning.

Egg for brushing.

*Preparation*

1. A hot oven.
2. A baking sheet.

*Method*

1. Make the pastry, roll out into squares.
2. Place mixture in centre, wet round the edges. and bring together.
3. Brush over with egg.
4. Bake in a hot oven till the pastry is a golden brown colour.
5. Serve hot with gravy or cold.

## RISSOLES

$\frac{1}{2}$  lb. cold meat.

Seasoning.

1 teaspoon chopped parsley.

*Sauce*

$\frac{1}{2}$  oz. flour.

$\frac{1}{2}$  oz. dripping.

1 gill stock or water.

*To Coat*

Egg and breadcrumbs.

Flour or fine oatmeal.

*Method.*

1. Mince the meat.
2. Make the sauce with flour, dripping, and stock.



3. Add the meat and season ; heat well, then turn on to a plate to cool.
4. Divide into even pieces—shape into rounds on a floured board.
5. Coat.
6. Fry in deep fat or in shallow fat until a golden brown colour.
7. Drain well.
8. Serve on a hot dish.

## EGG AND CHEESE DISHES

Eggs and cheese are valuable foods, they contain protein and fat, and when eaten with other foods, form a substantial meal.

## VARIATIONS OF CUSTARDS

1. Baked.
2. Steamed.
3. Boiled.

### I. BAKED CUSTARD

1-2 eggs.  
 $\frac{1}{2}$  pt. milk.  
 $\frac{1}{2}$  oz. castor sugar.  
Grated nutmeg or vanilla essence.

#### *Method*

1. Beat egg with sugar, add the milk and vanilla essence, if used.
2. Place in a greased pie-dish, grate a little nutmeg on top.
3. Place the pie-dish in a tin and surround it with water.
4. Bake in a slow oven until firm to touch.

### 2. STEAMED CUSTARD

2-3 eggs.  
 $\frac{1}{2}$  pt. milk.  
1 oz. Sugar.  
 $\frac{1}{2}$  teaspoonful vanilla essence.

#### *Preparation*

1. Place steamer on the gas to boil.
2. Grease basin or mould and paper to cover.

#### *Method*

1. As baked custard.
2. Place into basin or mould and cover.
3. Steam slowly 1-1 $\frac{1}{2}$  hours.
4. Allow to stand a few minutes before turning out.  
Serve on a hot dish.

## 3. BOILED CUSTARD

2-3 eggs.  
 ½ oz. sugar.  
 ½ pt. milk.  
 Few drops of vanilla essence.  
 Nutmeg.

*Method*

1. Beat the egg with the sugar.
2. Rinse saucepan with cold water, heat the milk, and pour on the egg.
3. Return to pan.
4. Cook over a gentle heat until the custard thickens and coats the back of spoon, stirring all the time. Flavour. Do not allow custard to boil.
5. When custard is cool, pour into a glass dish or into custard glasses, grate a little nutmeg on top.

## BOILED EGGS

*Method*

1. Place egg in sufficient boiling water to cover.
2. Boil 3 minutes.

Allow another minute for a hard-boiled egg.

NOTE. When the eggshell is cracked, add a pinch of salt to the water.

## POACHED EGGS

1 Egg.                      Seasoning.                      Buttered toast.

*Method*

1. Half fill a frying pan with water, add salt and boil.
2. Butter toast and keep hot.
3. Break the egg into a cup, drop carefully at side of pan. Gently baste the top of the egg with water.
4. Cook 2-3 minutes until white is set.
5. Drain on a fish slice and serve on toast.

## SCRAMBLED EGGS

2 rounds buttered toast.  
 2 eggs.  
 2 tablespoons milk.  
 1 oz. butter.                      Seasoning.

*Method*

1. Melt the butter in a small pan.
2. Beat the egg, add the milk and seasoning.
3. Add the egg to the butter, stir quickly over a moderate heat until creamy.
4. Serve neatly on the toast, garnish with parsley.

## SAVOURY EGGS

- 2 tomatoes.
- 1 oz. butter.
- 1 shallot (chopped finely).
- 3 eggs (whole).
- Seasoning.
- 2 slices of hot buttered toast.

*Method*

1. Wipe the tomatoes, cut into pieces.
2. Melt the butter in a frying pan, cook shallot for a few minutes, add tomatoes, and cook.
3. Add the eggs whole, stir well with the mixture, and season.
4. Serve neatly on toast.

## SCOTCH EGGS

- 3 hard-boiled eggs.
- 1 lb. of sausage meat or sausages and seasoning.

*To Coat*

- 1 egg.
- 4 tablespoons breadcrumbs.

*To Fry*

Pan of deep fat.

*Preparation*

1. Smoking hot fat.
2. Crumpled paper for draining.
3. Beaten eggs and breadcrumbs.
4. Remove shells from eggs.
5. Skin sausages and season.

*Method*

1. Cover the eggs with the sausage meat.
2. Shape and roll on a floured board until smooth.
3. Cover with egg and dip evenly in breadcrumbs.
4. Place in a basket, fry in deep fat until a golden brown, drain.
5. Cut in half, serve with the cut side uppermost.
6. Dish on a bed of mashed potatoes; garnish with watercress.

## OMELETS

Omelets are quickly made, nourishing, cheap, and easily digested.

*To "Prove" or Prepare an Omelet Pan*

1. Put  $\frac{1}{2}$  teaspoonful of lard into the pan.
2. Heat until a smoke appears, pour it out, and rub pan with clean paper

*Care of Pan*

1. Always put away clean and in a dry place.
2. If the pan is old, clean with salt to obtain a smooth surface.

## SPANISH OMELET

3 eggs.  
Seasoning.  
1 oz. butter.

1 tomato.  
 $\frac{1}{2}$  oz. butter.  
1 oz. of grated cheese.  
Seasoning.  
1 small cooked or uncooked onion.

*Preparation*

1. Wipe tomato, and cut into small pieces.
2. Peel onion and cut into very thin rounds or chop.
3. Grate the cheese.
4. Melt the  $\frac{1}{2}$  oz. of butter, add all the filling and beat well.

*Method*

1. Beat the eggs well. Season.
2. Cook the omelet until set, place the filling in the centre, and fold over; allow to brown.
3. Serve on a hot dish, garnish with parsley.

## CHEESE STRAWS

2 oz. grated cheese.  
2 oz. butter.  
2 oz. flour.  
Seasoning.  
Yolk of 1 egg.  
1 teaspoonful cold water.

*Method*

1. Rub the fat into the flour.
2. Add the cheese and seasoning.
3. Mix to a stiff paste with the yolk and water.
4. Roll out on a floured board,  $\frac{1}{4}$  in. thickness.
5. Cut into strips  $3\frac{1}{2}$  in. long and a few rings.
6. Lay on a greased baking sheet. Bake in a moderate oven 10-15 minutes. Leave in the tin until cold.

## SAVOURY OMELET

2 eggs.  
 $\frac{1}{2}$  oz. fresh butter.  
1 teaspoonful chopped parsley.  
Seasoning.

*Preparation*

1. Prepare the pan.
2. Chop parsley.

*Method*

1. Beat the eggs well, add parsley and seasoning.
2. Heat the butter, when a blue flame rises, pour in the mixture.
3. Allow to set, fold one-half over the other; brown.
4. Turn on to a hot dish, garnish with parsley.

## SWEET OMELET

2 eggs.

Flavouring, a few drops of vanilla essence.

1 teaspoonful castor sugar.

1 tablespoonful hot jam.

*Preparation*

Prepare pan.

*Method*

1. Beat the yolks well with the sugar and flavouring.
2. Whip the whites very stiffly, fold into yolks.
3. Allow to set as for savoury omelet.
4. Bake in a moderate oven for about 10 minutes until well set and a golden brown colour.
5. Turn omelet out on to sugared paper, place heated jam in the centre, fold in two, and serve on a hot dish.

## CHEESE SAVOURY

1 breakfast cupful of cheese.

1 " " of breadcrumbs.

1 " " of milk.

1 beaten egg and seasoning.

*Preparation*

1. A moderate oven.
2. A buttered pie-dish.

*Method*

1. Beat egg; add all other ingredients.
2. Pour into the pie-dish.
3. Bake about 20 minutes in a moderate oven.

## CHEESE AIGRETTES

2 oz. flour.  
¼ oz. butter.  
1 gill water.  
2 eggs.  
2 oz. grated cheese.      Seasoning.

*To Fry*

Pan of smoking fat.

*Method*

1. Boil butter and water.
2. Add the flour and beat until smooth. Allow to cool.
3. Break the eggs, add to mixture whole.
4. Beat well, add the cheese and season.

*To Fry*

1. Drop the mixture in small teaspoonfuls into the smoking fat.
2. Fry a golden brown, drain.
3. Serve on a hot dish sprinkled with cheese.

## CHEESE ONION AND POTATO PIE

3 large potatoes.  
1 large onion.  
4 oz. grated cheese.  
1 oz. butter.  
1 gill milk.  
Salt and pepper.

*Preparation*

1. Prepare the vegetables and cut into slices.
2. Grate the cheese.

*Method*

1. Arrange potatoes and onions alternately in a dish.
2. Season between each layer.
3. Cover the top with cheese and lumps of butter; add milk.
4. Bake in a moderate oven until tender (about 2 hours).

## WELSH RAREBIT

- 1 round of hot buttered toast.
- 2 oz. grated cheese.
- 1 tablespoonful milk.
- $\frac{1}{2}$  teaspoonful mustard.
- $\frac{1}{2}$  oz. butter.      Seasoning.

*Method*

1. Melt the butter in a pan.  
Add all other ingredients, heat thoroughly but do not boil.
2. Pour over toast, garnish with parsley.

## MACARONI CHEESE

- 3 oz. macaroni.
- 3 oz. grated cheese.
- $\frac{1}{2}$  oz. butter.
- $\frac{1}{2}$  oz. flour.
- $\frac{1}{2}$  pt. milk.      Seasoning.
- Brown bread crumbs.

*Preparation*

1. Cook the macaroni in boiling salted water for 30 to 40 minutes until tender, then drain.

*Method*

1. Make the white sauce and add half the cheese.
2. Add macaroni to the cheese and mix well and season.
3. Pour in a greased pie-dish.
4. Sprinkle with remaining cheese, and brown in the oven or under the grill.
5. Decorate edging with browned breadcrumbs.

## CAULIFLOWER "AU GRATIN"

- 1 hard cauliflower.

*Sauce*

- 1 oz. butter.
- 1 oz. flour.
- $\frac{1}{2}$  pt. milk or half milk and water.
- 2 oz. grated cheese.
- Seasoning.

*Preparation*

1. Prepare cauliflower.
  2. Cook carefully and drain.
  3. Place neatly in a pie-dish, coat with sauce, reserving half the cheese to sprinkle over the top.
  4. Brown under grill.
- NOTE. Other substitutes: Onions, fish, and vegetable marrow.

## ANCHOVY EGGS

2 hard-boiled eggs.  
2 oz. butter.  
A few drops of lemon juice.  
 $\frac{1}{4}$  teaspoonful anchovy essence.  
Seasoning. Watercress.  
Rounds of buttered toast.

*Preparation*

1. Remove shells from eggs and cut in halves.
2. Remove the yolks, and mix using a fork with all the other ingredients until smooth.
3. Place mixture neatly in the whites of eggs. Serve on rounds of toast and garnish with parsley or watercress.

NOTE. For a special dish, rub the mixture through a wire sieve, force through a bag and pipe into the whites; garnish.

## TEA

Allow one small teaspoonful for each person.  
When there are six people, 4 teaspoonfuls are sufficient.

*Method*

1. Fill the kettle with cold fresh water.
2. Heat the teapot thoroughly.
3. Put the tea in the pot, pour boiled water over the leaves.
4. Stand for 3 minutes and pour out.

## COFFEE

1 oz. coffee.  
 $\frac{1}{2}$  pt. boiling water.

*Method*

1. Heat the coffee jug thoroughly and put in the coffee.
2. Pour over boiling water and stand in a warm place for 5 minutes.
3. Strain and reboil.
4. Serve.

## WHITE COFFEE

Serve equal quantities of coffee and boiling milk.



## COCOA

1 teaspoonful of cocoa for a breakfast cup.

Half a breakfast cup of milk.

" " " water.  
Sugar to sweeten.

*Method*

1. Mix the sugar with the cocoa.
2. Put the milk and water on to boil.
3. Pour on to cocoa stirring all the time.
4. Return to pan and boil.
5. Serve.

## SALADS

Salads contain valuable mineral constituents which are essential to the body, and they supply water which is required by the system. When salads are served with meat, fish, or cheese, they form a substantial meal.

## GREEN SALAD

1 lettuce.  
Watercress.  
Mustard and cress.  
3 small tomatoes.  
Radishes.  
1 hard-boiled egg.  
Cucumber.  
A few shallots.

*Preparation*

1. Wash all the greens thoroughly in plenty of cold water.
2. Drain the lettuce by shaking it in a cloth.
3. Wipe tomatoes, cut into pieces, shell the egg and slice.

*Method*

1. Arrange some small leaves round a bowl.
2. Arrange other greens in alternate layers until all is used up.
3. Decorate the top with pieces of egg, tomatoes, lettuce, and watercress.

*Rules to Remember.*

1. All the greens must be fresh and crisp.
2. Wash in cold water, and add salt to remove dirt and insects.
3. All salads should be lightly handled.
4. Mix salad dressings just before serving.

## BEETROOT, CELERY, AND CHEESE SALAD

- 1 beetroot.
- $\frac{1}{4}$  lb. cheese.
- 4 sticks celery.

1. Wash celery, shred, and allow to stand in cold water for  $\frac{1}{2}$  hour.
2. Peel and cut up beetroot into thin slices.
3. Grate the cheese.

*Method*

1. Drain the celery well.
2. Arrange the celery and beetroot alternately.
3. Sprinkle the top with the grated cheese.

## WINTER SALAD

- 1 cooked potato.
- 1 cooked beetroot.
- 1 oz. blanched almonds and walnuts.
- 2 sticks of shredded celery.

*Method*

1. Cut up potatoes and beetroot into slices.
2. Chop the nuts.
3. Arrange neatly in a bowl, decorate with curled celery and watercress if obtainable.

## FRUIT SALAD

- 4 eating apples, peel, core, and slice.
- 2 oz. shelled walnuts.
- 2 large oranges—peel and cut into slices.
- $\frac{1}{4}$  lb. grapes.
- $\frac{3}{4}$  lb. strawberries.
- 2 oz. blanched almonds.

*Preparation*

1. Wash the grapes and strawberries.
2. Prepare apples and oranges.

*Method*

1. Arrange in alternate layers in a glass dish or in small dishes.
2. Decorate with almonds and strawberries, serve with cream.

## MAYONNAISE SAUCE

1 yolk of egg.  
1 gill of olive oil.

*Seasoning*

1 tablespoonful vinegar.  
2 salt spoons mustard.  
2 salt spoons sugar.  
1 tablespoonfull cream.

*Method*

1. Beat together yolk, mustard, salt, pepper, and sugar.
2. Add a drop of oil, stirring all the time with a wooden spoon.
3. Add a little vinegar, stir well, continue (2) and (3) until all is used up.
4. Lastly stir in the cream.

## QUICK DRESSING

*Mix together*

1 teaspoon sugar.  
 $\frac{1}{2}$  teaspoon made mustard.  
Salt and pepper.  
1 tablespoonful vinegar or lemon juice.

1. Add enough Ideal milk to make a coating consistency.

## PICKLES AND CHUTNEYS

## PICKLED ONIONS

4 lb. small white round onions.  
1 qt. white vinegar.      Salt.  
1 oz. pickling spice.

*Method*

1. Divide spice in bottles.
2. Skin the onions and pack in bottles.
3. Heat the vinegar, but do not boil.
4. Add salt to vinegar, pour vinegar over onions, and then cover jars.

## PICKLED BEETROOT

Boil beetroot.      Vinegar to cover.      Salt.

*Method*

1. Slice the beetroot and put it in a jar.
2. Boil the vinegar, add the salt, allow to cool.
3. Pour vinegar over beetroot and cover.

## PICKLED RED CABBAGE

- 1 red cabbage.
- 1 qt. vinegar.
- $\frac{1}{2}$  oz. whole ginger (bruised).
- 1 oz. black and white peppercorns.

*Method*

1. Remove all the tough outside leaves and stalk of cabbage.
2. Cut into four, cut each quarter into thin slices, spread on a large dish and cover with salt.
3. Allow to stand two days, turning frequently.
4. Drain in a colander and pack in jars.
5. Boil the vinegar with the spices and then strain.
6. When cold, pour vinegar over cabbage, cover with bladder and store in a dry cool place.

## APPLE CHUTNEY

- 3 doz. sour apples.
- 3 pt. vinegar.
- 5 medium spanish onions.
- $\frac{1}{2}$  doz. shallots.
- 3 lb. demerara sugar.
- 1 lb. sultanas.
- $\frac{1}{2}$  lb. salt.

Put in muslin bag—

- 2 oz. chillies.
- $\frac{1}{4}$  lb. bruised ginger.
- 1 oz. mustard seed.

*Preparation*

1. Peel and core apples; leave in quarters.
2. Peel onions and cut in half.
3. Peel shallots and cut up into small pieces.
4. Clean sultanas.

*Method*

1. Put all ingredients in sufficient vinegar to cover and boil for 4 hours.
2. Place into jars and cover.

## TOMATO CHUTNEY

- 1 lb. tomatoes.
- 1 large onion.
- 1 gill vinegar.
- 2 level teaspoonfuls of sugar.
- 2 „ „ salt.
- 2 „ „ cayenne.

*Preparation*

Cut tomatoes and onion into four.

*Method*

1. Put all ingredients together in a pan.
2. Boil quickly for an hour.
3. Pour into jars and cover.

## HOW TO CHOOSE AND COOK BIRDS CHICKENS AND FOWLS

1. Short spurs.
  2. Soft and pliable toes and breastbone.
  3. Thin legs—few scales.
- Time for roasting, 35–60 minutes.  
Time for boiling,  $1\frac{1}{4}$ – $1\frac{3}{4}$  hours.

### DUCKS

1. Supple yellow feet.
  2. Very pliable bills.
- Time for roasting, 60–80 minutes.

### GOOSE

1. Yellow pliable feet.
  2. Yellow soft bill.
- Time for roasting, 20 minutes to the lb.  
Average time,  $1\frac{1}{2}$  hours for an average size.

### TURKEY

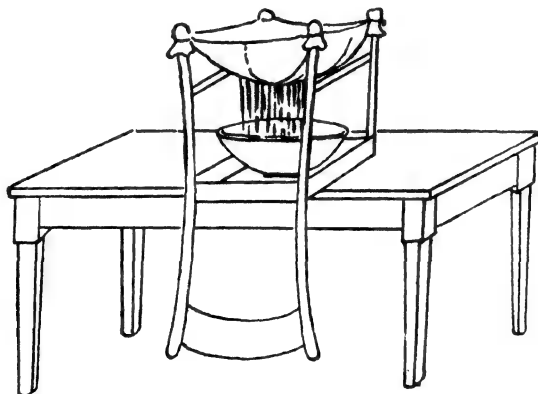
1. Legs smooth and black.
  2. Short spurs.
  3. Supple moist feet.
- Time for roasting, 15 minutes to the lb.  
Average time,  $2$ – $2\frac{1}{2}$  hours.

### RABBITS

1. Short sharp claws.
- Time for roasting, 45–60 minutes.  
Time for boiling, 45–60 minutes.

## HOW TO STRAIN JELLY

1. Invert a chair over a table.
2. Tie a strong linen cloth on the legs to form a bag.
3. Place a basin to receive juice.

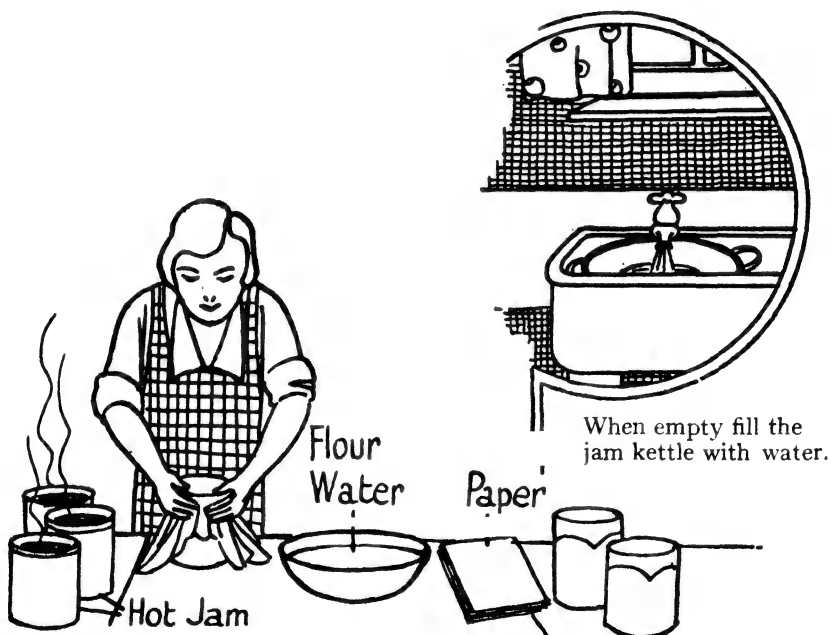


4. Pour the fruit in the cloth and allow to drip.
  5. Do not squeeze the outside of the bag or the jelly will be cloudy.
- Next day measure fruit juice and weigh sugar.  
Put in preserving pan and boil.  
Proportions: 1 lb. sugar to every pint juice.

## COVERING JAM JARS

Collect—

- (a) Dish-cloth to wipe jars.
- (b) Clean tea towel to press over papers.
- (c) Squares of white paper.
- (d) A shallow bowl containing 1 tablespoonful of flour mixed to a smooth paste with 1 gill of water, or milk on a plate (easier but not so good).
- (e) Clean warm jars.



Cover jars when hot with white paper dipped in flour and water.

## JAMS AND JELLIES

*Rules*

1. Use fresh but not overripe fruit.
2. Use a wooden spoon for stirring.
3. Grease pan with butter before using.
4. Boil well and remove scum after it comes to the boil.
5. Wipe jam jars and cover while hot.
6. Use clean, warm, and flawless jars.
7. Use a brass, enamel, or aluminium saucepan, do not fill more than two-thirds up.

## HARD FRUIT

*Preparation*

Pick, wash, drain, and place in jam pan.

*Proportions*

1 lb. fruit.

1 lb. sugar.

To every 3 lb. fruit,  $\frac{1}{2}$  pt. water.

*Cooking*

1. Melt the sugar gradually.
2. Boil rapidly 20-40 minutes, stirring frequently.
3. Remove scum.

*To Test when Cooked*

Place on a cold plate—allow to stand for a few minutes, test with fingers if a skin is formed and jellied.

*To Cover*

1. Cover jam with small rounds of grease-proof paper dipped in milk.
2. Press down with a dry cloth.
3. Allow to dry. Store in a dry place.

## SOFT FRUIT

*Preparation*

Wipe.

*Proportions*

1 lb. fruit.

1 lb. sugar.

No water.

*Cooking*

1. Allow fruit and sugar to stand 24 hours.
2. Boil rapidly 20-40 minutes.
3. Remove scum.

## RHUBARB JAM

8 lb. rhubarb.

8 lb. sugar (loaf).

1 citron.



*Method*

1. Wipe rhubarb and cut into small cubes.
2. Cut citron into cubes.
3. Place rhubarb, citron, and sugar together in a large bowl.
4. Leave to stand for a week, stirring well each day.
5. Boil quickly for about 40 minutes. Do not stir much as the cubes will break.
6. Test when done, place in jars, and cover.

## PLUM JAM

6 lb. plums.  
6½ lb. preserving sugar.  
½ pt. water.

*Method*

1. Wipe and stone the plums.
2. Dissolve the sugar in the water, add the plums, and the stones tied up in muslin.
3. Stir until boiling, boil steadily for about 30 minutes.
4. Skin and test when ready.
5. Place in jars and cover.

NOTE. This method is used for all similar fruits.

## APRICOT JAM

2 lb. dried apricots.  
3 pt. water.  
7 lb. preserving sugar.

*Method*

1. Wash the apricots well and cut into neat pieces with scissors.
2. Soak for 48 hours in the water.
3. Turn into a preserving pan; add sugar and bring slowly to boiling point, stir occasionally.
4. Boil steadily for about 30 minutes.
5. Test when ready and put into jars.

## STRAWBERRY JAM

4 lb. strawberries.  
3 lb. loaf sugar.  
4 small cupfuls of water.

*Method*

1. Wipe and pick the strawberries carefully.
2. Put water and sugar to boil until clear.

3. Add the fruit, boil steadily for 30 minutes, stirring frequently.
4. Skim thoroughly.
5. Put into jars.

## RASPBERRY JAM

1 lb. raspberries.  
1 lb. loaf sugar.  
No water.

### *Method*

1. Wipe and pick raspberries carefully.
2. Place in pan and heat thoroughly over a gentle heat.
3. Place sugar in a bowl in the oven and heat also.
4. Add sugar to fruit, and boil for 5 minutes, stirring all the time.
5. Take away from heat and, using a wooden spoon, beat the jam well for 20 minutes and put into jars.

## MARMALADE

10-12 Seville oranges.  
3 sweet oranges, or  
2 sweet and 2 tangerines.  
2 lemons.  
10 pt. water.  
1 lb. loaf sugar to each 1 pt. of liquid.

### *Method*

1. Wash the fruit and cut across.
2. Squeeze out juice and pulp and place in a bowl.
3. Remove pips and cover with cold water.
4. Remove any pith from skin and cut up very finely in long strips. Add to pulp and steep 24 hours.
5. Boil pips for 5 minutes and strain liquid into pan.
6. Boil all together for 1 hour.
7. Measure liquid and add 1 lb. sugar to each 1 pt. liquid.
8. Dissolve sugar slowly, then boil quickly for about 30 minutes; test if set.
9. Pour into jam jars and cover.

## LEMON CURD

8 oz. loaf sugar.  
5 oz. butter.  
3 lemons, rind and juice.  
3 eggs.

*Preparation*

1. Wash lemons.
2. Place a stone jar in a saucepan half full of boiling water, or use a double saucepan.

*Method*

1. Melt the butter and the sugar together.
2. Beat the eggs and strain into pan with the grated rind and juice of the lemons.
3. Stir carefully over a gentle heat until it thickens, stirring all the time.
4. Put into jars and cover.

## JELLY MAKING

*Choice of Fruit*

More ripe than that of jam.

*Preparation*

Wash or wipe the fruit and pick.

## HARD FRUIT

*Preparation*

1. Add water until it is level with the fruit in the pan.
2. Boil until tender.
3. Strain through a jelly-bag overnight.
4. To each 1 pt. liquid allow 1 lb. sugar.
5. Boil for 3 minutes, test, and put into jar.

## SOFT FRUIT

*Preparation*

1. Place fruit in a pan to warm thoroughly.
2. Mash with a wooden spoon.
3. Strain through jelly-bag overnight.
4. To each 1 pt. of liquid allow 1 lb. of sugar, boil 3 minutes, test, and put into jars.

## ROYAL ICING

$\frac{1}{2}$  lb. sieved icing sugar.  
 1 teaspoonful lemon juice.  
 2 whites of eggs.  
 Laundry blue.

*Method*

1. Slightly whisk egg.
2. To the sugar add the lemon juice and the egg; beat till smooth and glossy.
3. Add a little blue on the point of a skewer.
4. Beat until stiff enough to stand up in points.

## WATER ICING

$\frac{1}{2}$  lb. sieved icing sugar.  
About 2 tablespoonfuls water.  
Flavouring and colouring.

### *Method*

Mix all together and add flavouring and colouring according to cakes.

## BUTTER ICING

4 oz. fresh butter.  
6 oz. sieved icing sugar.  
Flavouring.

### *Method*

1. Cream the butter and sugar until soft.
2. Add flavouring and colouring as desired.

## ALMOND ICING OR PASTE

$\frac{1}{2}$  lb. ground almonds.  
 $\frac{1}{2}$  lb. castor sugar.  
2 yolks.

Flavourings—

Almond and vanilla  
essence, lemon juice,  
and ratafia.

### *Method*

1. Mix the sugar and almonds together.
  2. Add flavouring.
  3. Add beaten yolks and mix well.
  4. Knead until soft to handle.
- NOTE. To keep, wrap in grease-proof paper.

## SUET PUDDINGS AND PASTRY

*Suet Puddings can be Used as—*

1. A solid pudding.
2. Lining a basin to enclose meat or fruit.
3. Roly-poly.
4. Dumplings.

*Proportions for Suet Pastry and Puddings*

Half as much suet as flour.

2 teaspoonfuls baking powder to 1 lb. flour.

1 teaspoonful suet to 1 lb. flour.

*Consistency*

SUET PASTRY. As for short crust pastry.

PUDDINGS. Dropping consistency.

The flavour of this foundation may be varied as follows for puddings—

*1. Dried Fruits*

Currants, raisins, sultanas, peel, figs, dates: 4–6 oz. and 1 oz. sugar.

*2. Flavourings*

Spice; ginger: 1 teaspoonful and 2 oz. sugar.

*3. Rind of Fruit*

Orange and 1 oz. sugar.

Lemon and 2 oz. sugar.

*4. Jam, Syrup, or Mincemeat*

4–6 tablespoonfuls placed in the bottom of a greased basin.

### PLAIN SUET PUDDING

8 oz. flour, or

6 oz. flour and 2 oz. breadcrumbs.

Level teaspoonful of salt.

4 oz. suet.

$\frac{1}{2}$  teaspoonful baking powder.

Milk and water to mix.

*Preparation*

1. Prepare a saucepan or steamer.
2. Grease basins and paper to cover.

3. Fill measure with water.
4. Skin, shred, and chop suet finely.

### *Method*

1. Put all dry ingredients into basin.
2. Mix with milk or water to a dropping consistency.
3. Place in a basin and cover.
4. Cook 2-3 hours.
5. Allow to stand a few minutes before turning out.

The flavour of the plain suet pudding given above may be varied by adding the following—

1. 4 oz. dried fruits (currants, sultanas, raisins, figs or dates) and 2 oz. sugar.
2. 1 teaspoonful ginger and 4 oz. sugar.
3.  $\frac{1}{2}$  teaspoonful spice and 4 oz. sugar.
4. Rind of 1 orange or lemon and 4 oz. sugar.
5. 4 tablespoonfuls of jam, syrup or mincemeat placed at the bottom of the pudding basin.

## SUET PASTRY

8 oz. flour.      Pinch salt.  
4 oz. suet.  
 $\frac{1}{2}$  teaspoonful baking powder.  
Cold water.

### *Preparation*

As for plain suet pudding.

### *Method*

1. Mix together flour, salt, and baking powder.
2. Add the water and mix to a stiff consistency, using a knife.
3. Flour board, rolling pin and pastry; roll out two-thirds of pastry to fit the basin.
4. Roll one-third to fit top of basin.
5. Line the basin and press out pleats with hand.
6. Half-fill basin with fruit; add 2 tablespoons sugar and remaining fruit; add sugar again and a little water.
7. Damp the edges of pastry and cover.
8. Cover with paper. Steam 2-2 $\frac{1}{2}$  hours.

## BOILED SUET PUDDINGS

The basin must be quite full.



Sprinkle a strong cloth with flour.



Tie the string in a bow, and then tie ends on top.



The water must be boiling when the pudding is put on.  
As water reduces, fill up with boiling water.  
Cover with water.



## APPLE DUMPLING

Cover an apple with suet paste. Tie in floured cloth. Boil for 40 to 50 minutes.

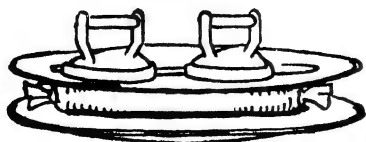


## ROLY-POLY

Tie tightly in cloth. Safety-pin in middle.



## HOW TO PRESS A GALANTINE



After boiling, roll the galantine in a clean cloth, tie, and press between two dishes.  
Put weights on top.

## ROLY-POLY

8 oz. flour.  
4 oz. suet.  
Pinch salt.  
Cold water.  
 $\frac{1}{2}$  teaspoon baking powder.  
1 tablespoon—  
    Jam,  
    Marmalade,  
    Syrup.

*Preparation*

1. Boiling water.
2. Floured cloth, two pieces string, one safety pin.
3. Skin and chop suet.

*Method*

1. Into basin put flour, salt, suet, and baking powder.
2. Mix into a stiff dough.
3. Roll out into an oblong  $\frac{1}{4}$  in. in thickness spread with jam, marmalade, or syrup, 1 in. from the edge.
4. Moisten edges with water—roll up pastry—seal edges.
5. Roll up pudding in cloth, tie the ends tightly—pin the centre with a safety pin.
6. Drop into boiling water, boil  $\frac{3}{4}$ —1 hour. For large size, 2 hours.

## APPLE CHARLOTTE

1 lb. apples.  
1 teaspoon syrup.  
1 dessertspoon sugar.  
Juice and rind of  $\frac{1}{2}$  lemon.  
2 tablespoons breadcrumbs.  
1 teaspoon suet.  
1 dessertspoonful water.

*Method*

1. Grease pie-dish.
2. Peel apples; core and cut into slices.
3. Fill the pie-dish with layers of apples, breadcrumbs, suet, and sugar; pile up neatly.
4. Mix other ingredients and pour over the mixture.
5. Bake  $1\frac{1}{2}$  hours in a moderate oven, and sift with sugar.



## BAKED APPLES

Apples of an equal size.  
Sugar and a little water.

*Method*

1. Wipe and core apples without breaking the skin at the bottom.
  2. Place on a baking tin and a little water around.
  3. Bake in a moderate oven till soft.
- Time depends on size of apple.

## ORANGE JELLY

$\frac{1}{2}$  pt. water.  
Rind and juice of 2 oranges and 1 lemon.  
3 oz. sugar.  
 $\frac{3}{4}$  oz. gelatine.

*Method*

1. Wash oranges and lemon; peel very thinly.
2. Boil water, sugar, gelatine, and rind together until gelatine dissolves.
3. Strain over fruit juice; stir.
4. Pour into a wetted mould and leave to set.

## SUET LAYER PUDDING

$\frac{1}{2}$  lb. flour made into suet pastry.

*For Layers*

1. 3 tablespoonfuls syrup and 3 tablespoonfuls breadcrumbs.
2. 4 tablespoons jam or marmalade.
3. 1 lb. apples, finely chopped, and 4 oz. brown sugar.
4.  $\frac{1}{4}$  lb. dates, 2 large apples sliced, then 4 oz. brown sugar.
5.  $\frac{1}{2}$  lb. mincemeat.

*Preparation*

As for plain suet pudding.

*Method*

1. Into basin put flour, salt, suet, and baking powder.
2. Mix to a stiff dough.
3. Prepare mixture.
4. Place mixture and dough in alternate layers until all is used up; lastly, add a layer of dough.
5. Cover with paper; steam 2-2 $\frac{1}{2}$  hours.

## QUEEN OF PUDDINGS

3 oz. breadcrumbs.  
 $\frac{1}{2}$  pt. milk.  
Grated rind of a lemon.  
1 dessertspoonful sugar.  
1 oz. butter.  
2 yolks.

*For Meringue*

2 whites.  
4 oz. castor sugar.  
2 tablespoonfuls jam.

*Method*

1. Heat the milk—add the breadcrumbs with grated rind and sugar.
2. Cover and leave to stand for 20 minutes; add the yolks and beat well.
3. Pour into a buttered pie-dish and bake in a moderate oven until set.
4. Spread the top with jam.
5. Whip the whites very stiffly, stir in the sugar gradually, and whip again until meringue is stiff.
6. Pile over the jam layer; dredge with sugar.
7. Place in a cool oven until crisp on the top.

## CHRISTMAS PUDDING

4 oz. raisins.  
2 oz. mixed peel.  
Rind and juice of 2 lemons.  
12 oz. fine breadcrumbs.  
2 oz. flour.  
6 oz. suet.  
4 teaspoonfuls black treacle.  
8 oz. currants.  
8 oz. brown sugar.  
1 teaspoon mixed spice.  
4 eggs.  
2 oz. almonds.  
 $\frac{1}{2}$  glass brandy.

*Preparation*

1. Clean and prepare fruit.
2. Sieve breadcrumbs.
3. Beat eggs.
4. Steamer.

*Method*

1. Mix all the dry ingredients together; add treacle, lemon juice; brandy, and lastly the well-beaten eggs.
2. Mix well with a wooden spoon.
3. Put into a grease basin; cover. Steam for 7 hours—5 hours at the time of making. Cover with a dry covering and steam the other 2 hours when eating.

## CASTLE PUDDING

2 eggs—their weight in butter and sugar.  
5 oz. flour.  
 $\frac{1}{2}$  teaspoon baking powder.  
Salt.  
Grated rind of lemon or oranges.  
A little milk.

*Preparation*

1. Steamer.
2. Greased paper to cover, greased basin and mould.

*Method*

1. Beat the butter and sugar to a white cream.
2. Mix flour, baking powder, and salt together.
3. To cream, add egg and flour alternately until all is used up.
4. Add the rind and a little milk if necessary.
5. Place in mould, cover, and steam  $1\frac{1}{2}$  hours.
6. Serve with custard sauce.

*Variations of above Recipe*

1. SULTANA OR CURRANT PUDDING. Use 3 oz. sultanas or currants.
2. CHOCOLATE PUDDING. 2 oz. grated chocolate and  $\frac{1}{2}$  teaspoonful vanilla essence.
3. DATE OR FIG PUDDING. 3 oz fruit finely chopped.

## COLD PUDDINGS

## TRIFLE

3-4 sponge cakes.  
Raspberry jam.  
1 gill fruit syrup.  
 $\frac{1}{2}$  pt. custard.

*To Decorate*

$\frac{1}{2}$  pt. cream.  
1 tablespoonful sugar.  
Cherries or blanched almonds.

*Method*

1. Split the sponges, spread with jam and arrange neatly in a glass dish.
2. Pour over fruit syrup; allow to stand.
3. Pour over custard.
4. Sweeten and whip cream—pipe on top and decorate.

## STRAWBERRY CREAM

1 pt. fresh strawberries.  
4 oz. castor sugar.  
 $\frac{3}{4}$  oz. gelatine.  
 $\frac{1}{2}$  pt. cream.  
2 tablespoons water.  
Juice of 1 lemon.

*Method*

1. Take off stalks from strawberries.
2. Put on a hair sieve—sprinkle with 1 tablespoonful sugar; sieve.
3. Dissolve gelatine with the water, lemon juice, and remaining sugar.
4. Strain into the strawberries, whip the cream and add to mixture; stir all together.
5. Pour into a mould and leave to set.

## SUMMER BREAD PUDDING

Very thin slices of bread.  
1 lb. fresh soft fruit.  
2 tablespoons sugar.  
2 tablespoons water.

*Method*

1. Stew the fruit with the sugar and water, keeping fruit as whole as possible.
2. Lay fruit and bread in alternate layers in a pie-dish until all is used up.
3. Pour over juice.
4. Place a piece of bread on the top; cover with a plate, press down with a heavy weight.
5. Leave to stand for 1-1 $\frac{1}{2}$  hours.
6. Turn out and serve with custard sauce or whipped cream.

## CHOCOLATE MOULD

- 1 pt. milk.
- 1  $\frac{3}{4}$  oz. cornflour.
- $\frac{1}{2}$  oz. cocoa or grated chocolate.
- 1 oz. sugar.

*Preparation*

Wet a mould.

*Method*

1. Mix the cornflour and cocoa or chocolate to a smooth paste in a little milk.
2. Heat the remaining milk, pour over the paste, return to saucepan, boil 10 minutes, stirring all the time.
3. Pour into a wetted mould.
4. Turn out when set.

## GOOSEBERRY FOOL

- 1 lb. green gooseberries.
- 3 oz. sugar.
- $\frac{1}{2}$  gill water.
- Strip lemon rind.
- 1 gill custard.
- 1 gill cream.

*Method*

1. Make the custard and leave to cool.
2. Wash the gooseberries, stew with water, sugar, and strip of lemon rind.
3. Put through a hair sieve.
4. Add the custard to the *purée*.
5. Serve neatly in custard cups or in a glass dish.

## APPLE SNOW

- 1 lb. apples.
- 2 oz. castor sugar.
- 4 sponge cakes.
- Strip lemon rind.
- 2 tablespoons water.

*Custard*

- 2 yolks of eggs.
- $\frac{1}{2}$  pt. milk.
- $\frac{1}{2}$  oz. castor sugar.
- Flavouring—
- 2 whites of egg.

*Method*

1. Stew apples with the sugar, lemon rind and water; rub through a hair sieve.
2. Make custard.
3. Arrange sponge cakes neatly in a glass dish, pour custard over.
4. Whip the whites till very stiff; add gradually the apple pulp—whisking each time until all is used up.
5. Pile the apple *purée* on top of the custard and decorate with nuts or cherries.

## HONEYCOMB MOULD

- 2 eggs.
- $\frac{1}{2}$  pt. milk.
- $\frac{1}{4}$  oz. gelatine.
- $\frac{1}{2}$  teaspoon vanilla essence.
- $\frac{1}{2}$  oz. castor sugar.

*Method*

1. Dissolve the gelatine in the milk.
2. Separate the yolks and whites.
3. Add sugar to the yolks and pour over the hot milk; return to pan and stir till it thickens; cool and flavour.
4. Whip eggs very stiff; fold in lightly to mixture.
5. Pour into a wetted mould; turn out when set.

MISCELLANEOUS  
YORKSHIRE TOFFEE

- 2 lb. brown sugar.
- $\frac{1}{2}$  lb. fresh butter.
- 1 lb. golden syrup.
- 2 tablespoons vinegar.
- 1 teacupful of water or milk.
- Nuts to decorate.

*Preparation*

1. Grease tins.
2. Use a strong lined iron pan.

*Method*

1. Into pan put sugar, milk, syrup, and half the butter.
2. Boil for 20 minutes.
3. Add remainder of butter and vinegar.
4. Boil until set—stirring occasionally with a wooden spoon.

5. Drop a little toffee into cold water, stand a few minutes, if brittle toffee is ready.

6. Pour into tins, decorate with nuts, and cool.

### GINGER WINE

6-7 drops tincture of cayenne.

2½ drams essence of ginger.

1 dram essence of lemon.

½ oz. burnt sugar.

5 drams tartaric acid.

1 qt. boiling water.

1½ lb. loaf sugar.

#### *Method*

1. Dissolve the sugar in the boiling water.

2. When cool add the other ingredients.

3. Bottle.

### LEMON SYRUP

3 half pints boiling water.

2 lb. loaf sugar.

Rind and juice of 2 lemons.

1 oz. crystal citric acid.

#### *Method*

1. Dissolve the sugar in the water with the grated lemon rind.

2. Add the crystal citric acid.

3. When cold add lemon juice and strain.

4. Bottle.

Use 1 tablespoonful to 1 tumbler of water.

### MINCEMEAT

1 lb. currants (picked, washed, and dried).

1 lb. sultanas (picked, washed, and dried).

1 lb. raisins (stoned, cut into three).

1½ lb. mixed peel (shredded).

2 lb. apples (peeled, cored, and shredded).

1 orange (washed, grated rind, and juice).

1 lemon (washed, grated rind, and juice).

3 nutmegs (grated).

1 lb. beef suet (shredded).

1 lb. brown sugar.

½ teaspoon salt.

#### *Method*

1. Mix together thoroughly.

2. Put into jars and cover.

## BAKING POWDER

1 oz. bicarbonate of soda.  
2 oz. cream of tartar.  
1 oz. rice flour.

*Method*

Mix all together and store in an airtight tin.

## THE FEEDING OF INFANTS

For the general welfare of a baby it should be fed on human milk, except in special cases of ill health.

Human milk is the food nature has prepared for the child, and when any other food has to be utilized, it should be made as much like human milk as possible.

Composition	Proteins	Fat	Sugar
Human milk . . .	1·6	3·4	6
Cow's milk . . .	3·5	3·7	4·9

*Rules for Bottle Feeding*

1. Absolute cleanliness and regularity.
2. Use a boat-shaped bottle with teats at both ends.
3. Clean bottle with cold water, common salt, and a little brush. Place in cold water and bring to the boil once per day. When not in use stand in clean cold water.
4. Place milk in a clean scalded jug in a pan of cold water; boil for ten minutes. Cool, and store in a cold place covered with muslin.

## FEEDING OF CHILDREN

1. Serve food neatly and always take for granted the child's desire for food.
2. Make the same dishes look as varied as possible, as children take sudden dislikes to the same dishes.
3. Never eat between meals.
4. Teach children to chew their food well.
5. Fat, fruit, and vegetables should enter their diet.

## BABY'S FOOD

The natural food for babies is mother's milk, and all babies should be mother-fed.

Artificial feeding or bottle feeding has nothing to recommend it, but may be necessary if the mother is ill.



## COMPARISON OF COW AND HUMAN MILK

	<i>Cows</i>	<i>Human Milk</i>
	%	%
Water . . . . .	86.7	87
Protein . . . . .	3.5	2
Mineral salts . . . . .	7	2
Fat . . . . .	4.0	4.1
Lactose (milk sugar) . . . . .	4.5	6.9

Cow's milk is intended for calves, and before it can be taken by infants, it must be made as much like mother's milk as possible.

*To Humanize Milk*

Cow's milk contains nearly twice as much protein as mother's milk, because a calf grows twice as quickly. To correct the protein, add an equal volume of water, but the sugar and fat are halved. To remedy this, more fat and sugar are added. Fruit juice must be given to bottle-fed babies.

*Recipe*

24 oz. Fresh milk.  
 4 oz. Lime water.  
 4 tablespoons Sugar.  
 4 " Fat (Cream).  
 Water to make to 60 oz.

This amount will be sufficient for six feeds for a baby six weeks old.

The above recipe is only given so that you may understand how and why cow's milk is diluted. Always consult a doctor or go to a clinic if it is necessary to bottle feed a baby.

ADVANTAGES OF MOTHER-  
FED BABIES

1. It is the food intended by nature and suits a child.
2. It is free from germs and at the right temperature, blood heat, 98° F.
3. Baby resists disease better, because mother's milk transmits immunity to measles, etc.
4. It contains substances which prevent rickets.
5. Constipation is rarer.

DISADVANTAGES OF  
BOTTLE FEEDING

1. The baby may have stomach trouble and the food is expensive.
2. Food is not sterile, and may be too hot or too cold.
3. Baby is not immune from infectious diseases.
4. Baby has to be given fruit juice, which is expensive and troublesome to prepare.
5. Baby may have constipation.

## HOW OFTEN TO FEED

Many doctors recommend 4 hours feeding for robust babies.

Times: 6 a.m., 10 a.m., 2 p.m., 6 p.m., 10 p.m.

Never feed baby during the night.

Three hourly feeds work better for delicate babies who cannot take much at a feed.

## THE LARDER

### *Aim*

To have a light, dry, airy, and clean larder.

### CONSTRUCTION

#### *Position*

North side of the house.

#### *Walls*

Tiles are best, but generally the walls are whitewashed.

#### *Cleaning*

Tiles. Wash over with a damp cloth. Whitewash the walls when spring-cleaning.

#### *Shelves*

Slate shelves are best, but more often they are made of white wood.

#### *Cleaning*

Weekly, scrub well with carbolic soap. Daily, wipe with a damp cloth.

#### *Floor*

Generally tiles, for cleaning see above.

#### *Ventilation*

The window should face north if possible. This should always be open, but covered with perforated zinc gauze to prevent flies gaining admittance. A perforated zinc panel is sometimes built in the top of the door, so that there is always a current of air through the larder.

Food is covered to protect it from flies. There are two kinds of flies.

1. The house-fly. These flies lay their eggs on manure and filth. After walking on these, they enter the house and carry germs on to uncovered food.
2. The blow-fly lays eggs on dead flesh; the eggs hatching out as small worms.

## CATERING

1. Buy food from a good reliable shop where there is a quick turnover.
2. The best housewife does the shopping personally, she thus enables herself to choose to the best advantages according to her means.
3. Provide well-balanced meals.
4. Consider work, sex, and age of family.
5. Consider seasons of the year and tastes of individuals as far as possible.
6. Buy the best food one can afford; cheap food is a false economy.
7. Plan meals for two days at a time, this saves time, labour, and money.
8. Allow as much variety as possible.

## STORAGE

1. *Meat.* Meat is best kept in a meat safe. The sides and doors are made of perforated zinc gauze. A hook is provided, on which to hang meat. Enamel plates and trays are best for meat and fish because they can be boiled to keep them perfectly clean.

*Cleaning of Meat Safe.* Wipe over shelves daily and scrub once a week with carbolic soap.

Substitutes for a meat safe: Gauze covers or clean muslin.

2. *Fish.* Turn on to a plate, cover with damp muslin.

3. *Game and Poultry.* Hang by the feet.

4. *Ham and Bacon.* Tie up in brown paper or a muslin bag, and hang from the roof. A small quantity can be kept in the meat safe.

5. *Bread Bin.* Keep in a covered pan or biscuit box to prevent dryness. A tin should have air holes in the side.

6. *Milk.* Jugs require special attention.

(a) Fill with cold water when empty.

(b) Wash well in hot water and soda.

(c) Scald with boiling water.

(d) Rinse in cold water.

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